

2010 Montana

School Health

Profiles



**The Status of Health Education
in Montana Schools**



**Health Enhancement and Safety Division
January 2011**



opi.mt.gov

Montana
Office of Public Instruction
Denise Juneau, State Superintendent



Montana School Health Profiles Report Background

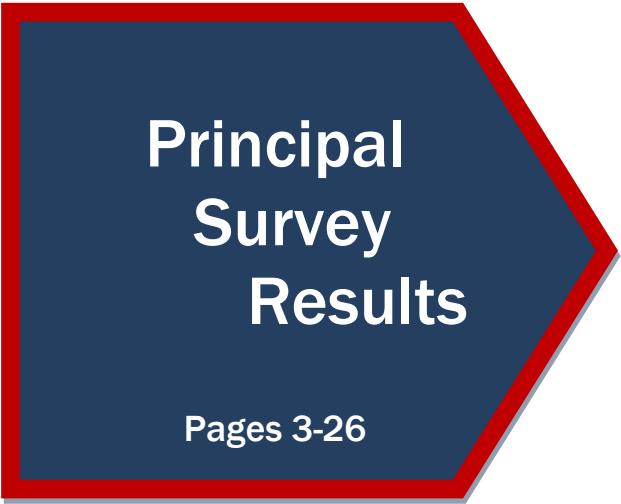
The School Health Profiles **(Profiles)** assists state and local education and health agencies in monitoring and assessing characteristics of school health education; physical education; school health policies related to HIV infection/AIDS, tobacco-use prevention, and nutrition; asthma management activities; and family and community involvement in school health programs. Data from the Profiles can be used to improve school health programs.

Two questionnaires were used to collect data – one for school principals and one for lead health education teachers. The two questionnaires were mailed to 291 secondary public schools containing any of grades 6 through 12 in Montana during spring 2010. Usable questionnaires were received from 73% of principals and from 72% of teachers. Because the response rates for these surveys were greater than or equal to 60%, the results are weighted and are representative of all public secondary schools in Montana having at least one of grades 6 through 12. More results, including trend data, from the principal and lead health educator surveys are available online at www.opi.mt.gov/shp.

The Profiles questionnaires were developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention in collaboration with representatives of state, local, and territorial departments of health and education.



Principal Survey Results – pages 3-26
Health Educator (Teacher) Survey Results – pages 27-41

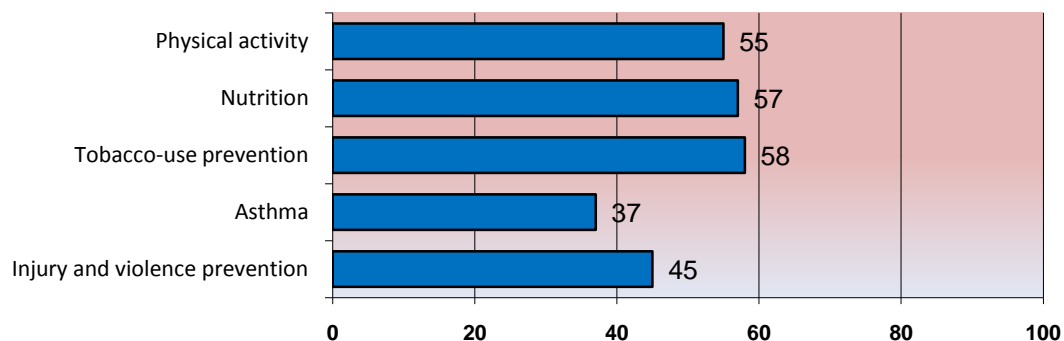


Principal Survey Results

Pages 3-26

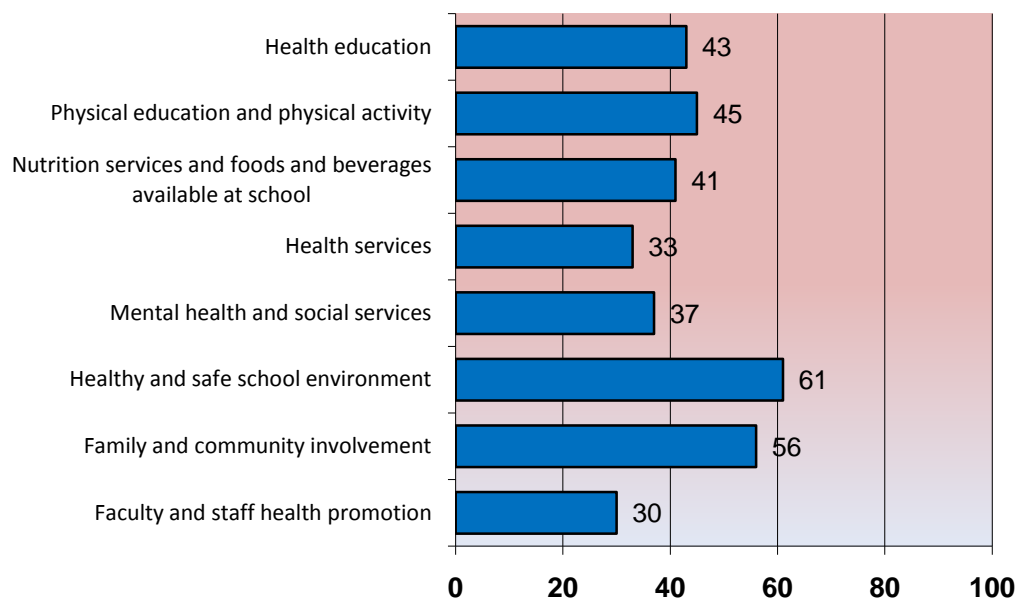
Principal Survey Results

The percentage of schools that ever used the School Health Index or other self-assessment tool to assess school policies, activities, and programs in the following areas:



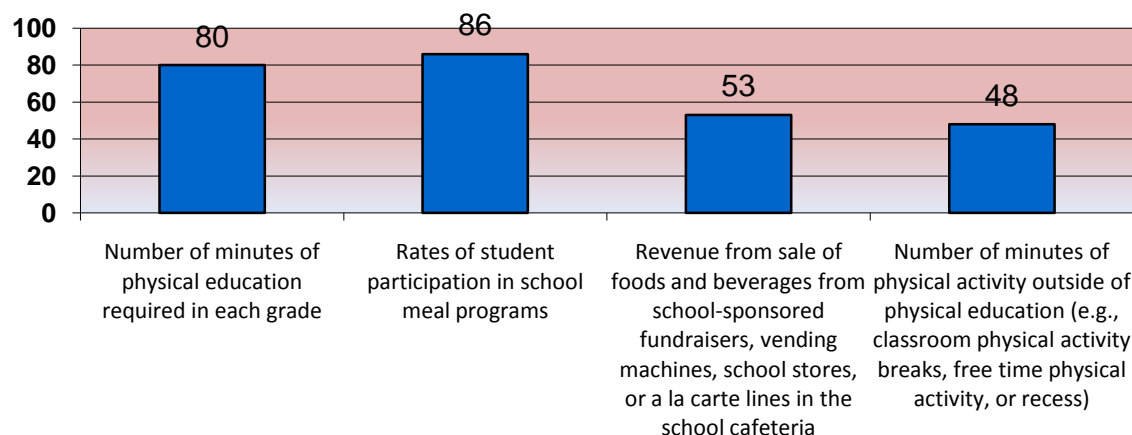
Health Policy 1

The percentage of schools with a School Improvement Plan that includes health-related goals and objectives on the following topics:



Health Policy 2

The percentage of schools that are required to report each of the following types of information regarding implementation of the local wellness policy:



Health Policy 3



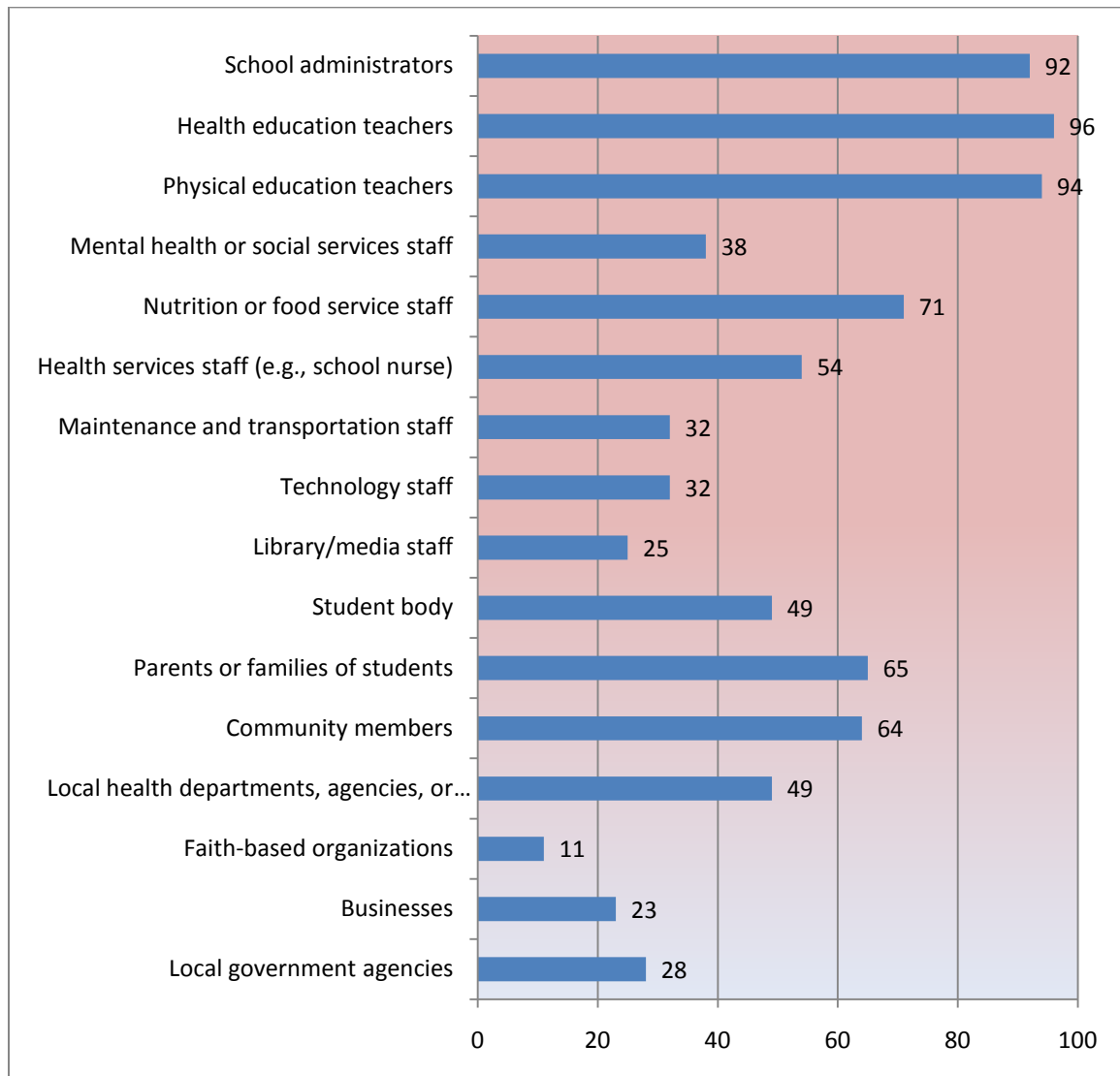
School Health Coordination

Eighty-five percent of schools currently have someone who oversees or **coordinates school health and safety programs** and activities.

Fifty-three percent of schools have one or more than one group (e.g., a school health council, committee, or team) that offers **guidance on the development of policies** or coordinates activities on health topics.

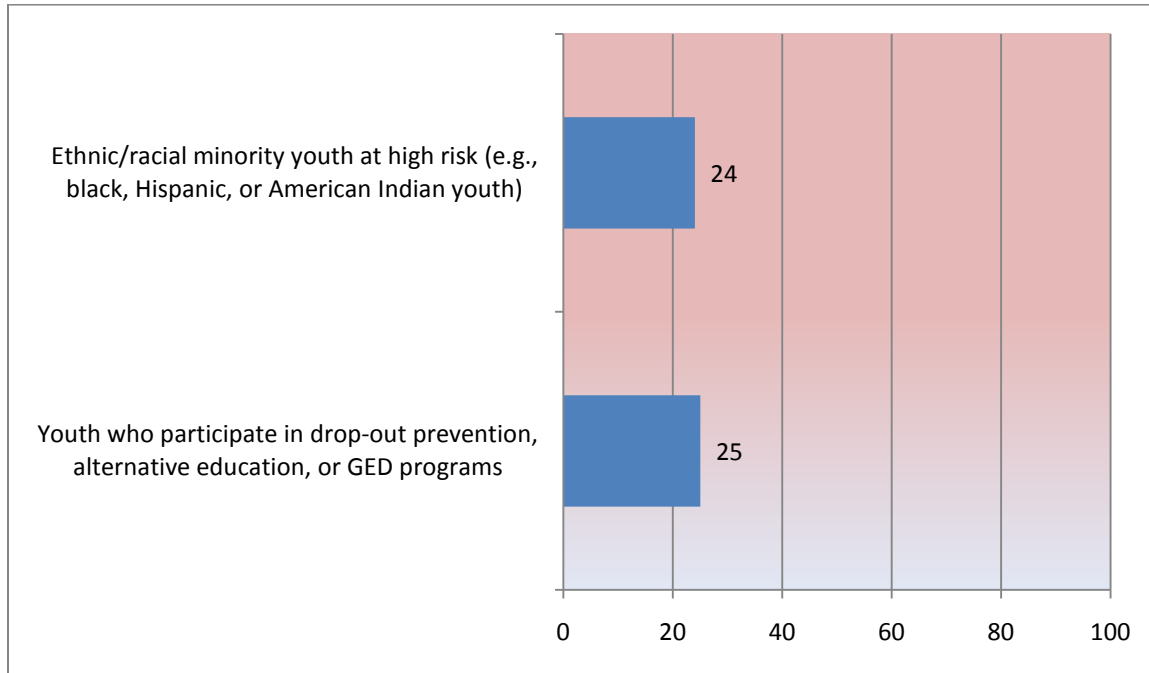
Principal Survey Results

Among schools that have a policy guiding group, the percentage of schools that have the following groups represented on any school health council, committee, or team:



School Health Coordination 1

The percentage of schools that require any school staff to receive professional development on HIV, STD, or pregnancy prevention issues and resources for the following groups:



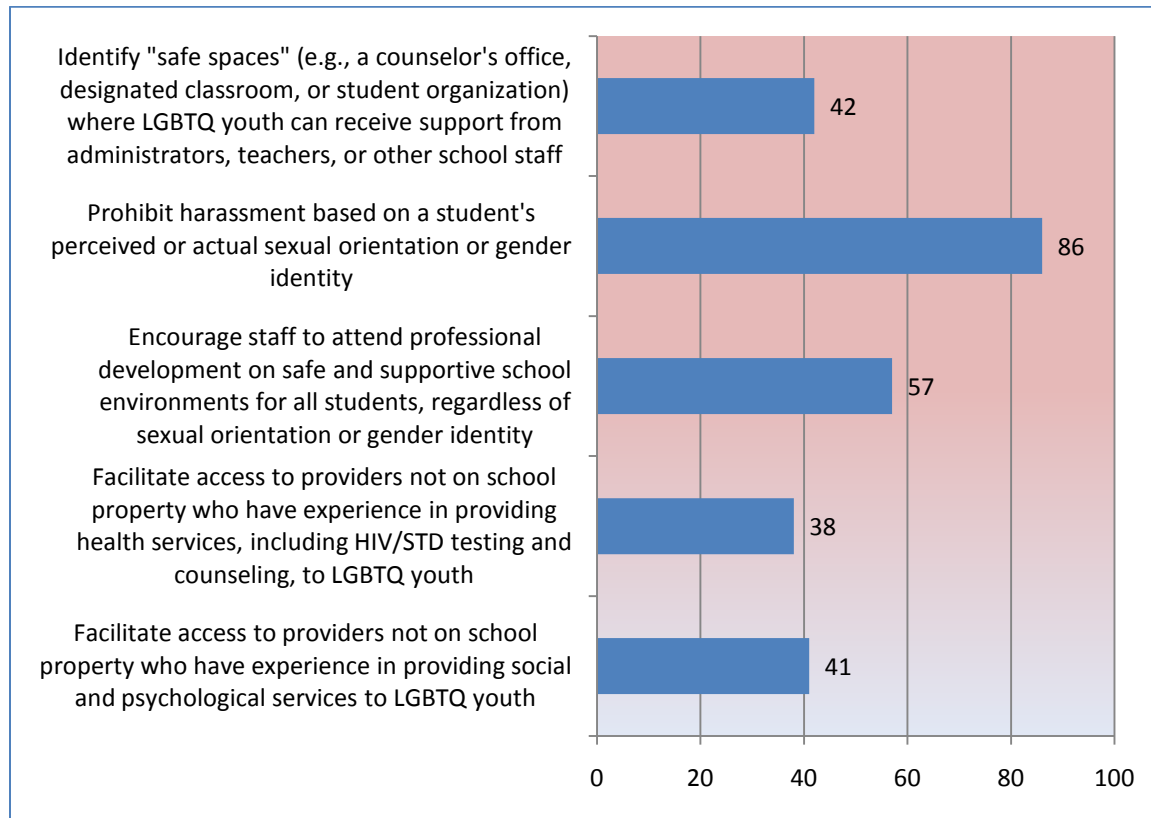
School Health Coordination 2

Twenty-four percent of Montana schools have a **student-led club** that aims to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity.



Principal Survey Results

The percentage of schools that engage in the following practices related to LGBTQ* youth:



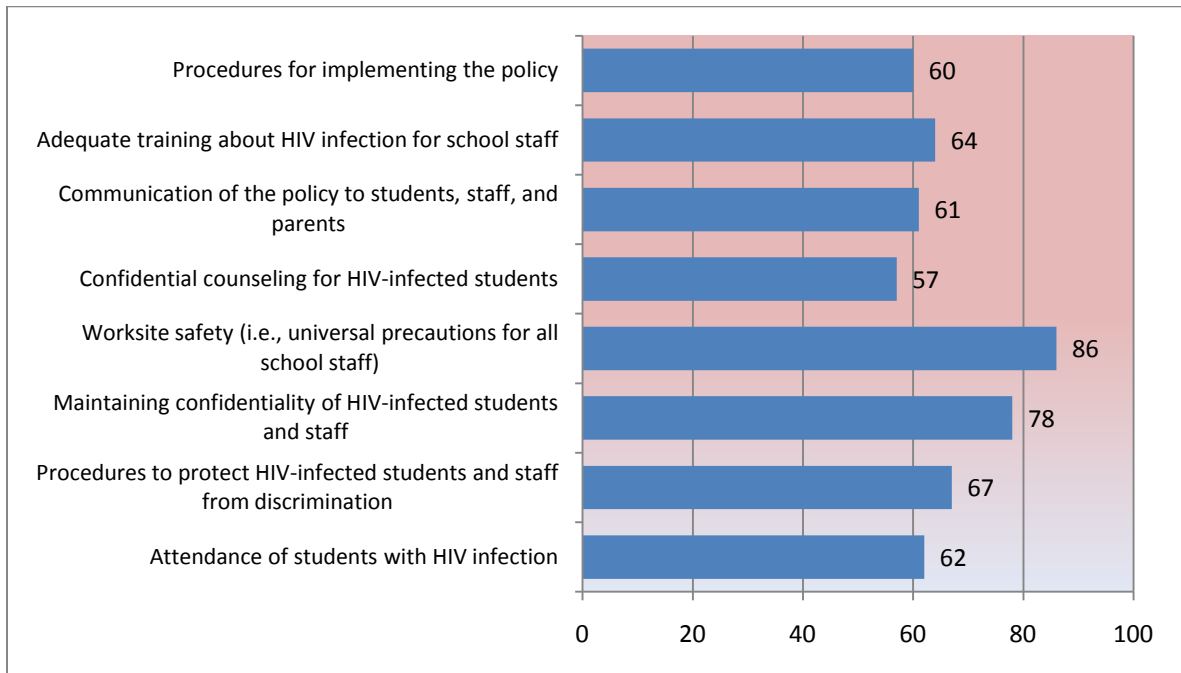
School Health Coordination 3

*Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ)



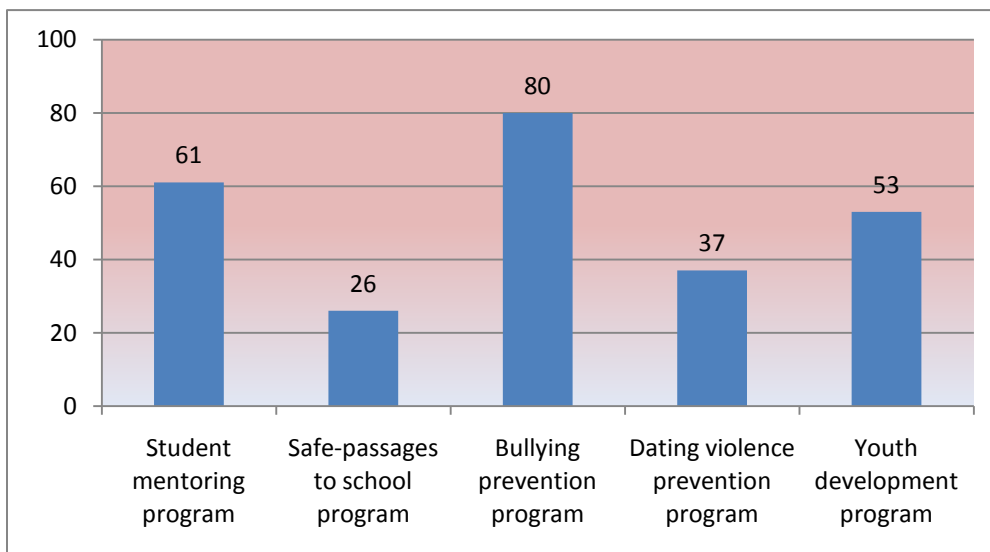
HIV/AIDS – Bullying – Dating Violence

The percentage of schools that have adopted a policy that addresses each of the following issues on HIV or AIDS:



School Health Coordination 4

The percentage of schools that have or participate in each of the following programs:



School Health Coordination 5

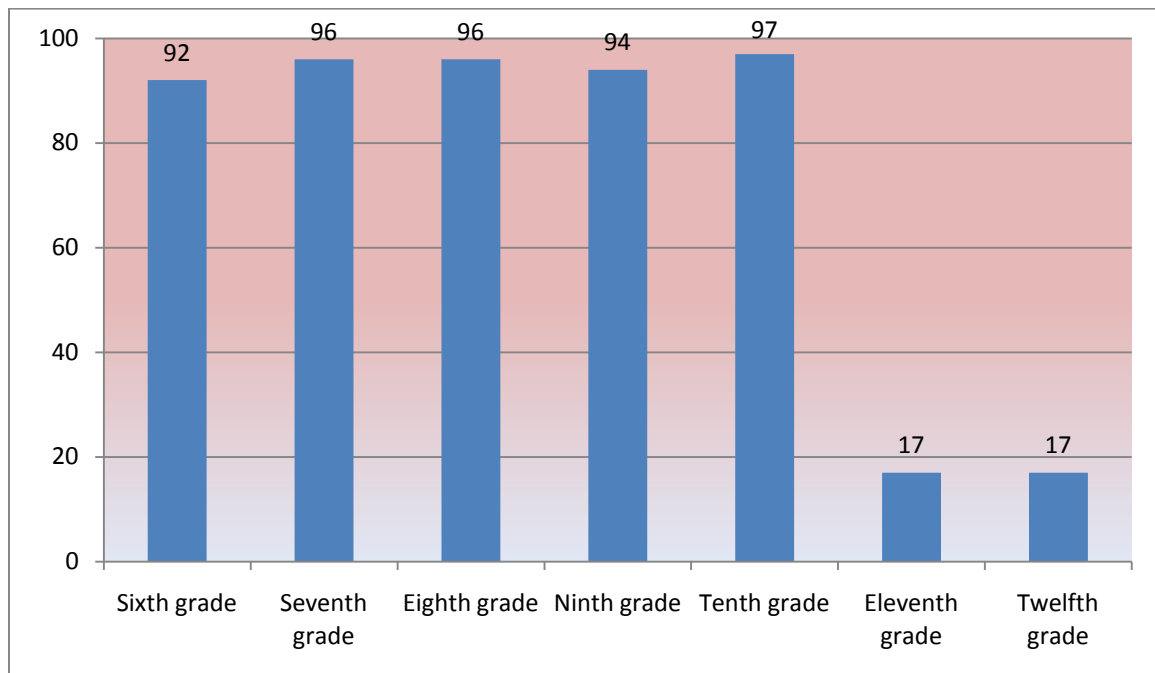
Principal Survey Results

Health and Physical Education

Ninety-five – the percentage of schools in which all staff who teach health education topics are certified, licensed, or endorsed by the state in health education.

Ninety-seven – the percentage of schools that require physical education for students in any of grades 6 through 12.

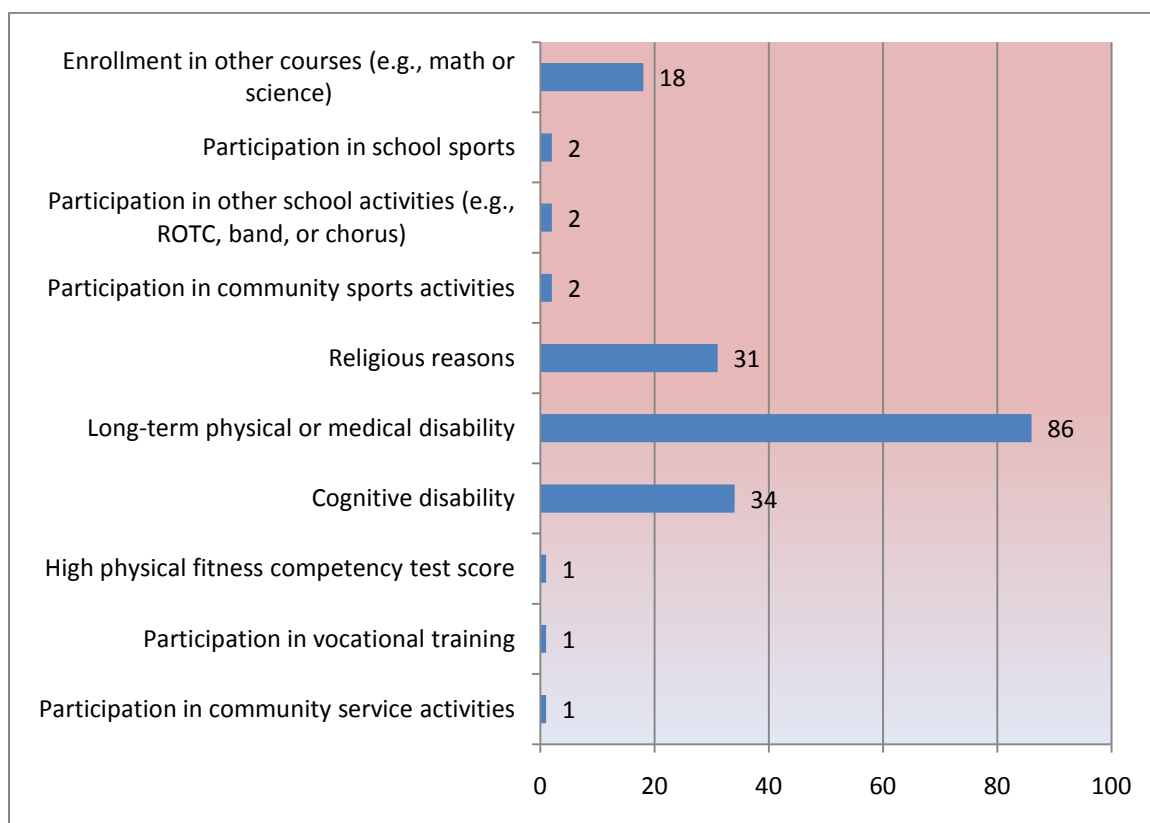
The percentage of schools that taught a required physical education course in each of the following grades:



Health and Physical Education 1



The percentage of schools in which students can be exempted from taking required physical education for one grading period or longer for any of the following reasons:



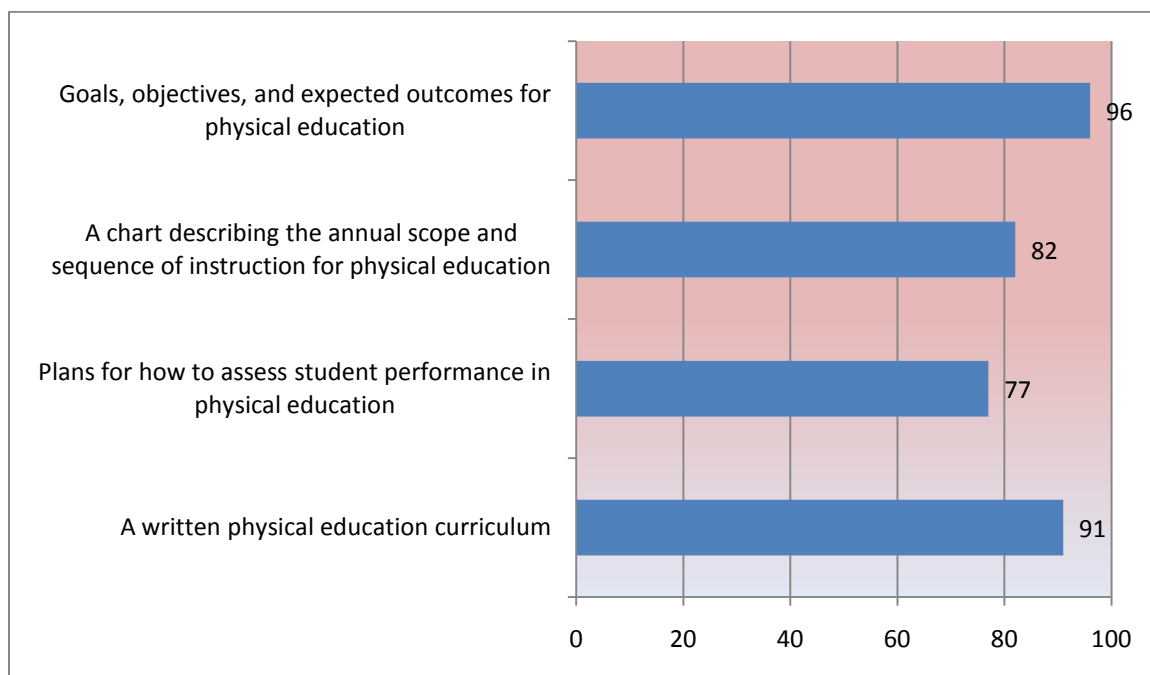
Health and Physical Education 2

Eighty-six – the percentage of schools in which physical education teachers or specialists received professional development on physical education during the past two years.



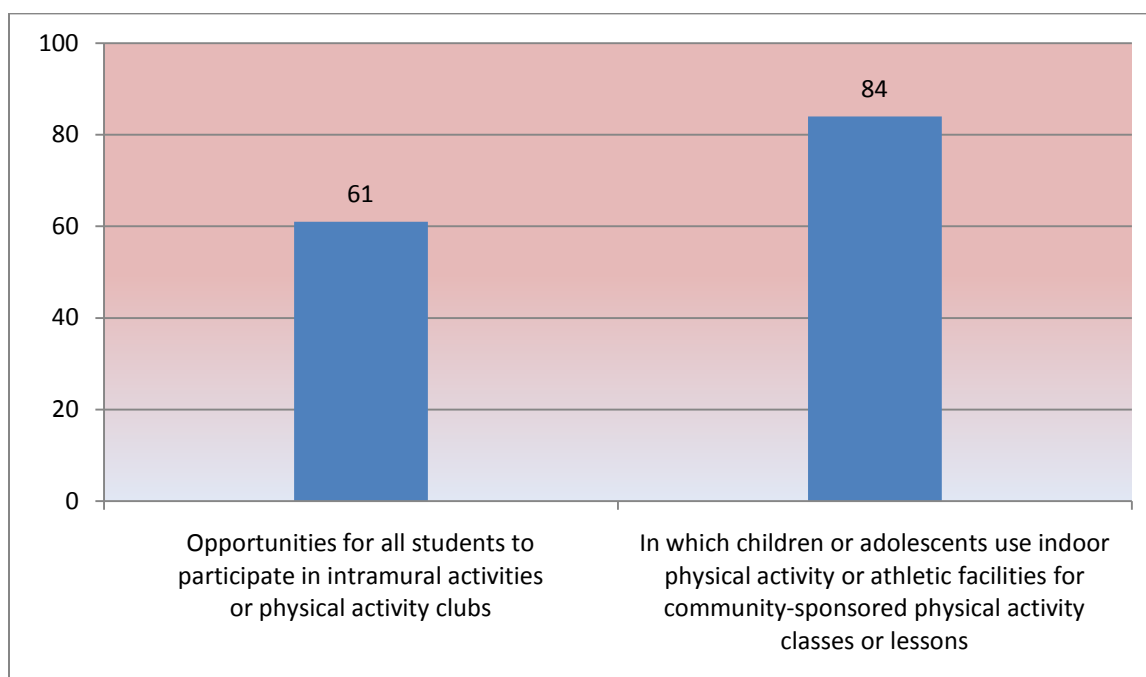
Principal Survey Results

The percentage of schools that provide those who teach physical education with the following materials:



Health and Physical Education 3

The percentage of schools with out-of-school activity offerings.

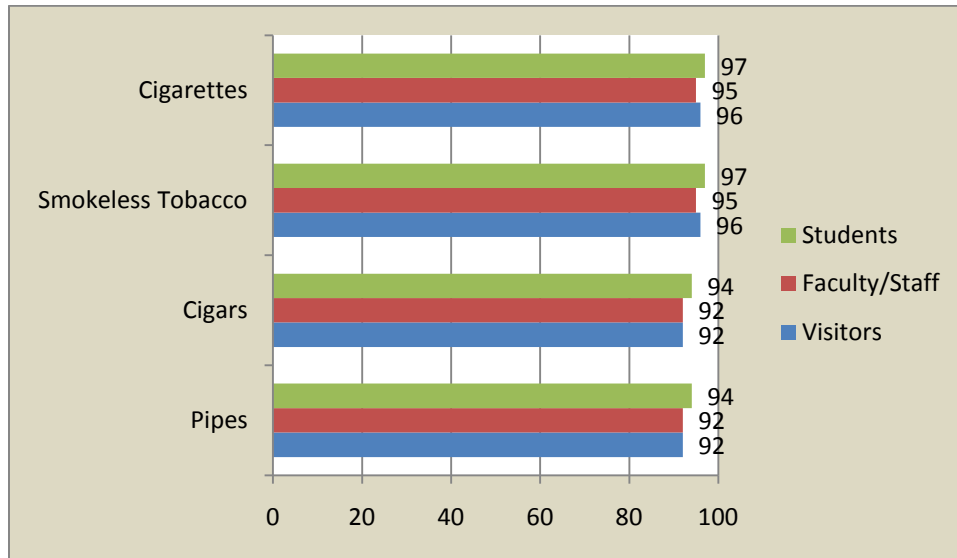


Health and Physical Education 4

Tobacco Use Prevention

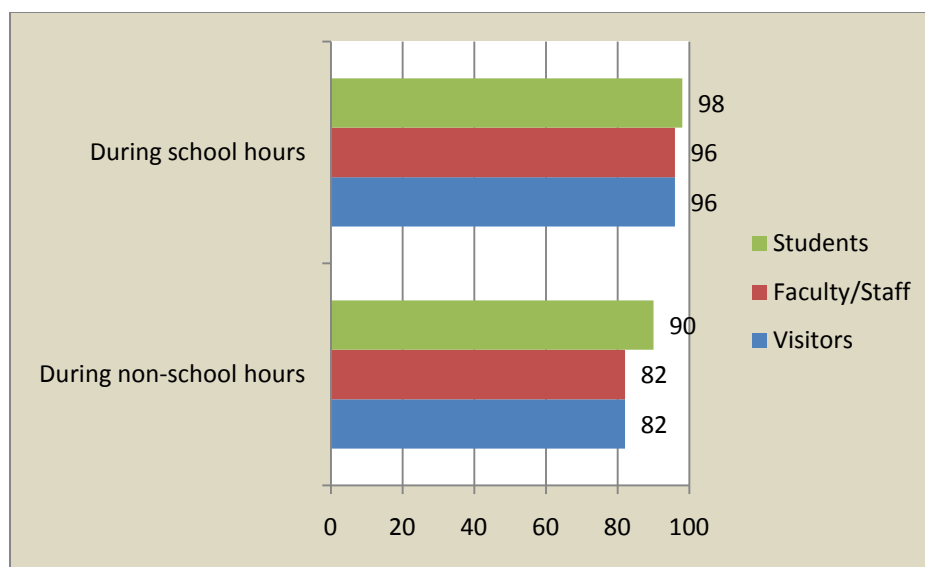
Ninety-eight percent of schools have adopted a policy prohibiting tobacco use.

The percentage of schools that have a tobacco-use prevention policy that specifically prohibits the use of each type of tobacco during any school-related activity (by group).



Tobacco-use Prevention 1

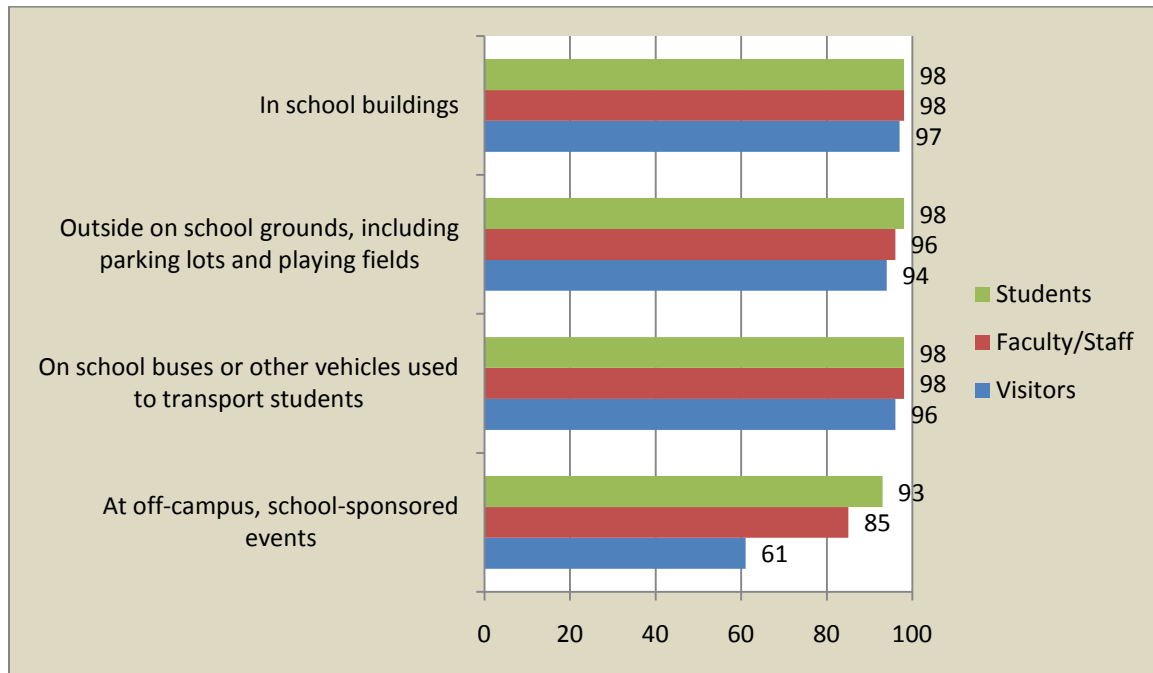
The percentage of schools that have a tobacco-use prevention policy that specifically prohibits tobacco use during each of the following times (by group):



Tobacco-use Prevention 2

Principal Survey Results

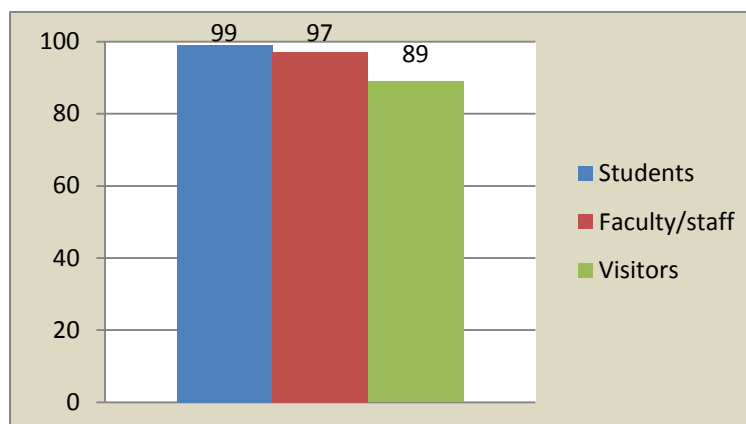
The percentage of schools that have a tobacco-use prevention policy that specifically prohibits tobacco use in each of the following locations (by group):



Tobacco-use Prevention 3

Fifty percent of schools follow a policy that mandates a “tobacco-free environment.” A “tobacco-free environment” is one that prohibits tobacco use by students, staff, and visitors in school buildings, at school functions, in school vehicles, on school grounds, and at off-site school events, applicable 24 hours a day and seven days a week.

The percentage of schools that have procedures to inform each of the following groups about the tobacco-use prevention policy that prohibits their use of tobacco:

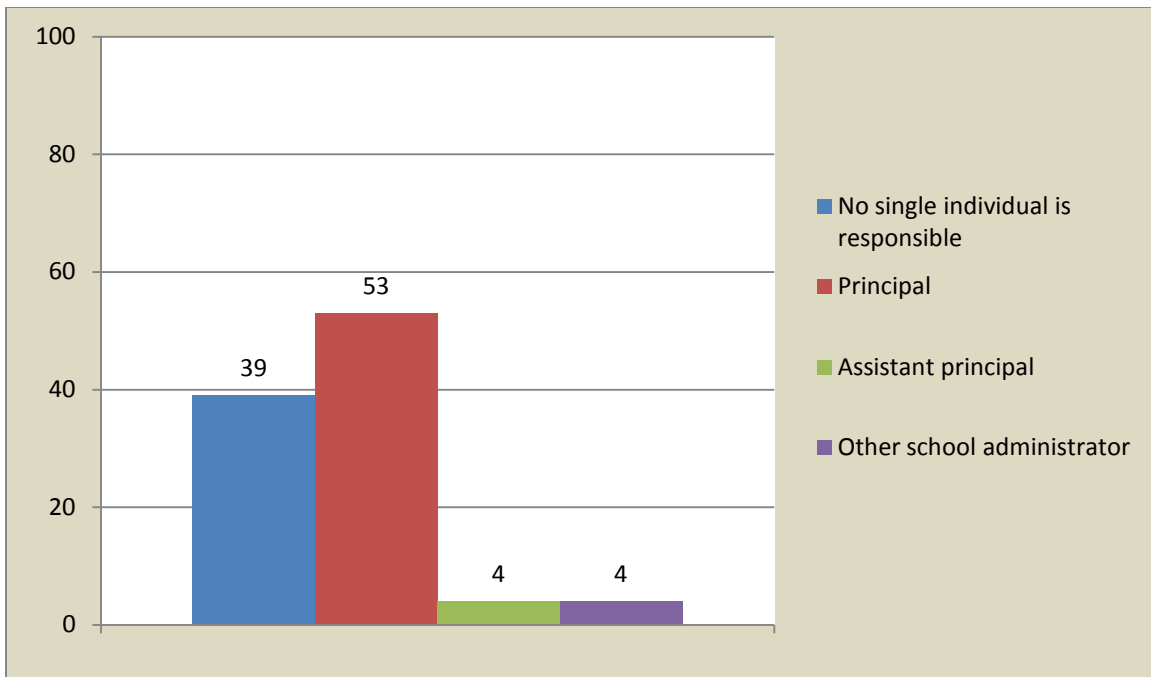


Tobacco-use Prevention 4

Principal Survey Results

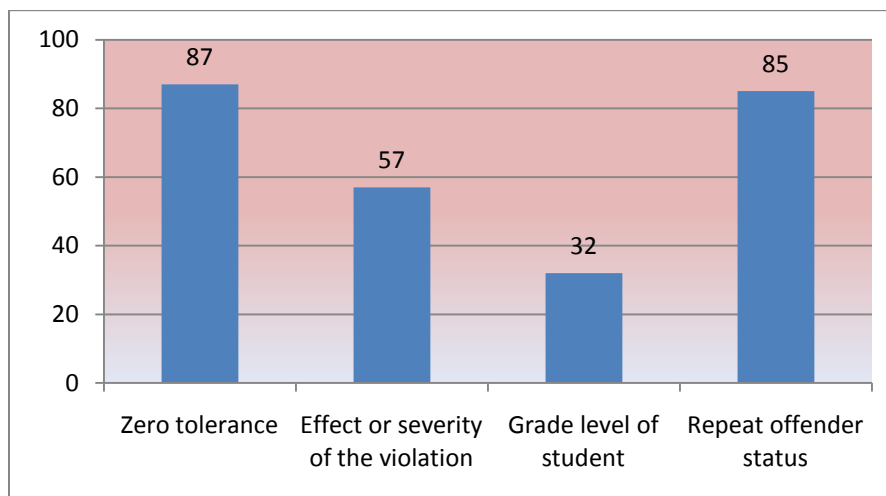
Ninety-seven percent of schools have a tobacco-use prevention policy that includes guidelines on what actions the school should take when students are caught smoking cigarettes.

The percentage of schools in which the following person is responsible for enforcing the tobacco-use prevention policy:



Tobacco-use Prevention 5

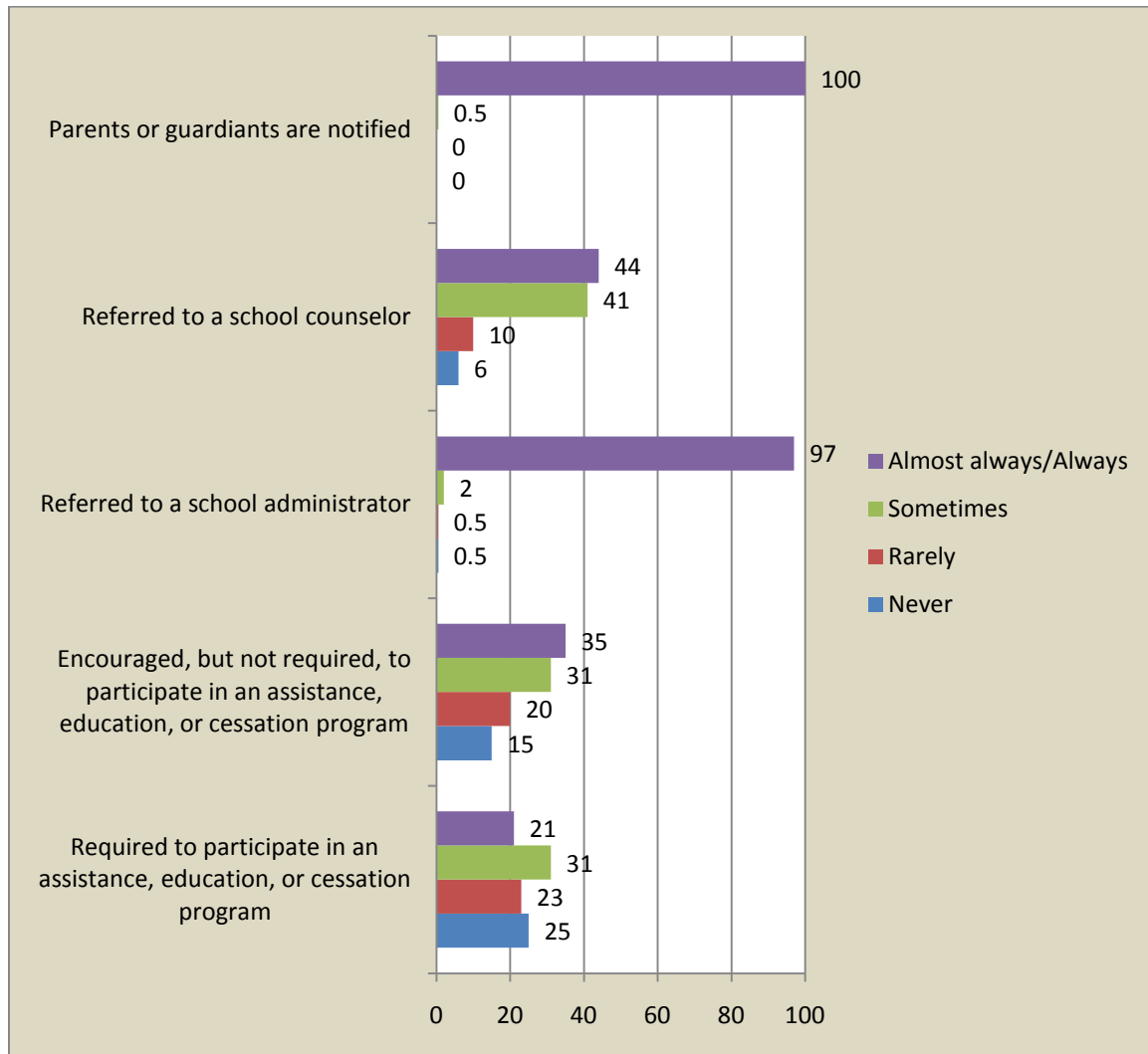
The percentage of schools in which the following criteria help determine what actions are taken when students are caught smoking cigarettes:



Tobacco-use Prevention 6

Principal Survey Results

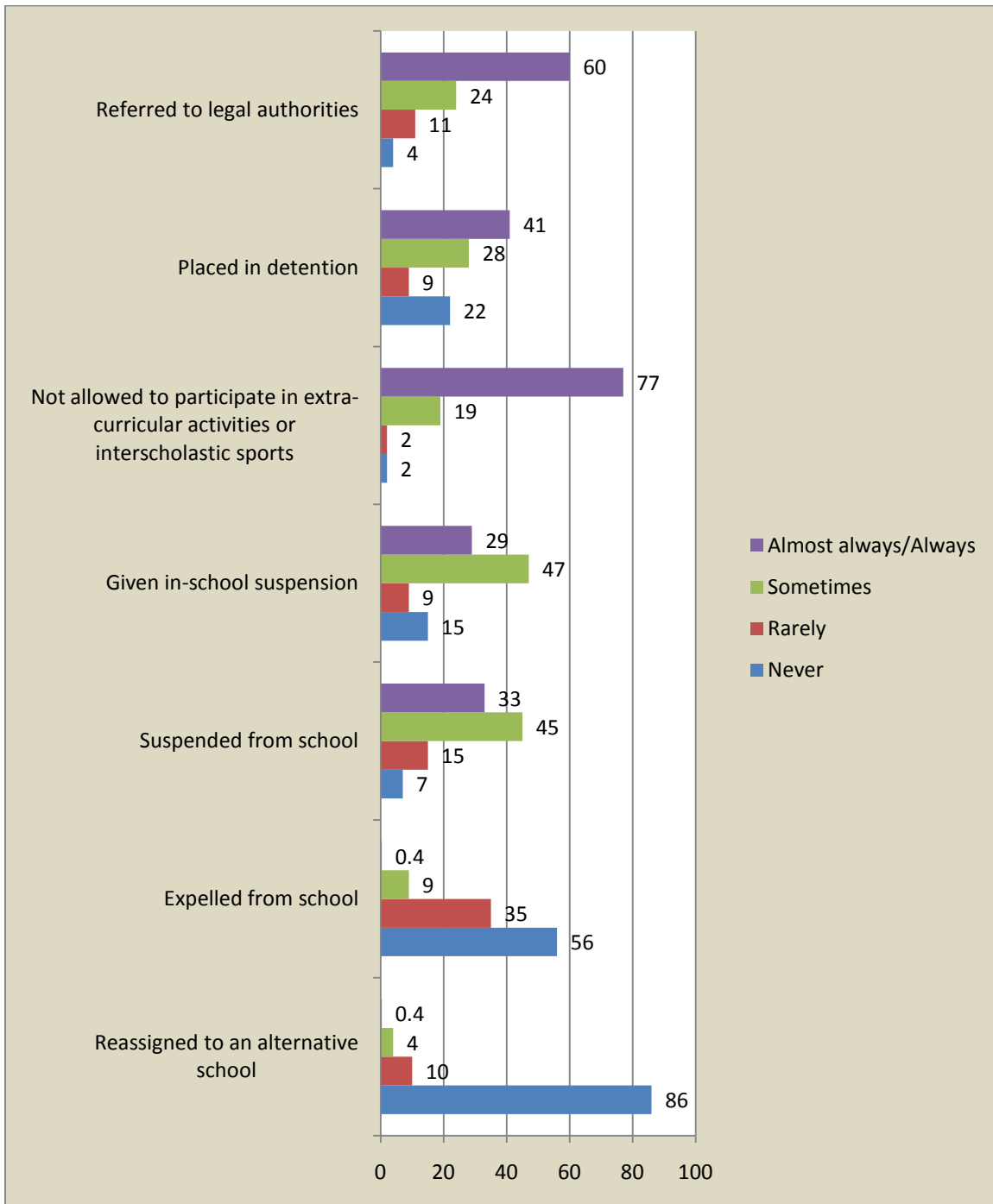
The percentage of schools that take the following actions when students are caught smoking cigarettes:



Tobacco-use Prevention 7a



The percentage of schools that take the following actions when students are caught smoking cigarettes:

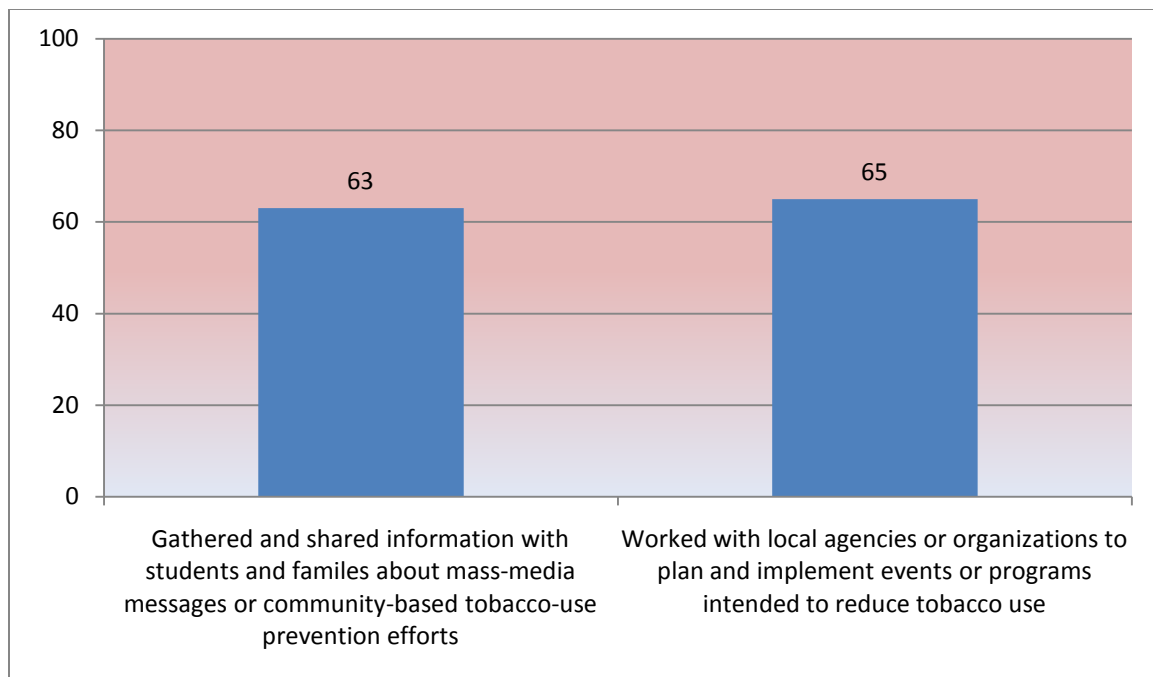


Tobacco-use Prevention 7b

Principal Survey Results

Ninety-two percent of schools post signs marking a tobacco-free school zone; that is, a specific distance from school grounds where tobacco use is not allowed.

The percentage of schools that did the following activities during the past two years.



Tobacco-use Prevention 8

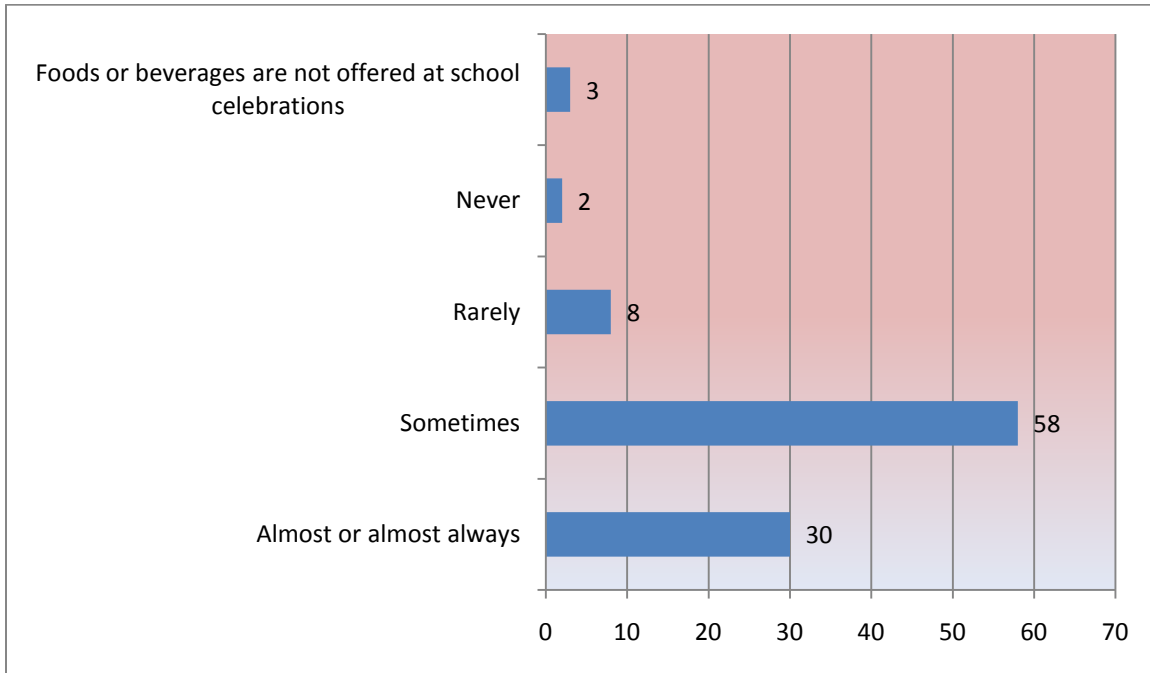
Tobacco-Cessation Services

- Twenty percent of schools provide tobacco cessation services to faculty and staff.
- Twenty-nine percent of schools provide tobacco cessation services to students.
- Twenty percent of schools have arrangements with organizations or health care professionals not on school property to provide tobacco cessation services to faculty and staff.
- Thirty-four percent of schools have arrangements with organizations or health care professionals not on school property to provide tobacco cessation services to students.



Nutrition and Vending Machines

The percentage of schools that never, rarely, sometimes, or always or almost always offer fruits or non-fried vegetables at school celebrations when foods or beverages are offered.



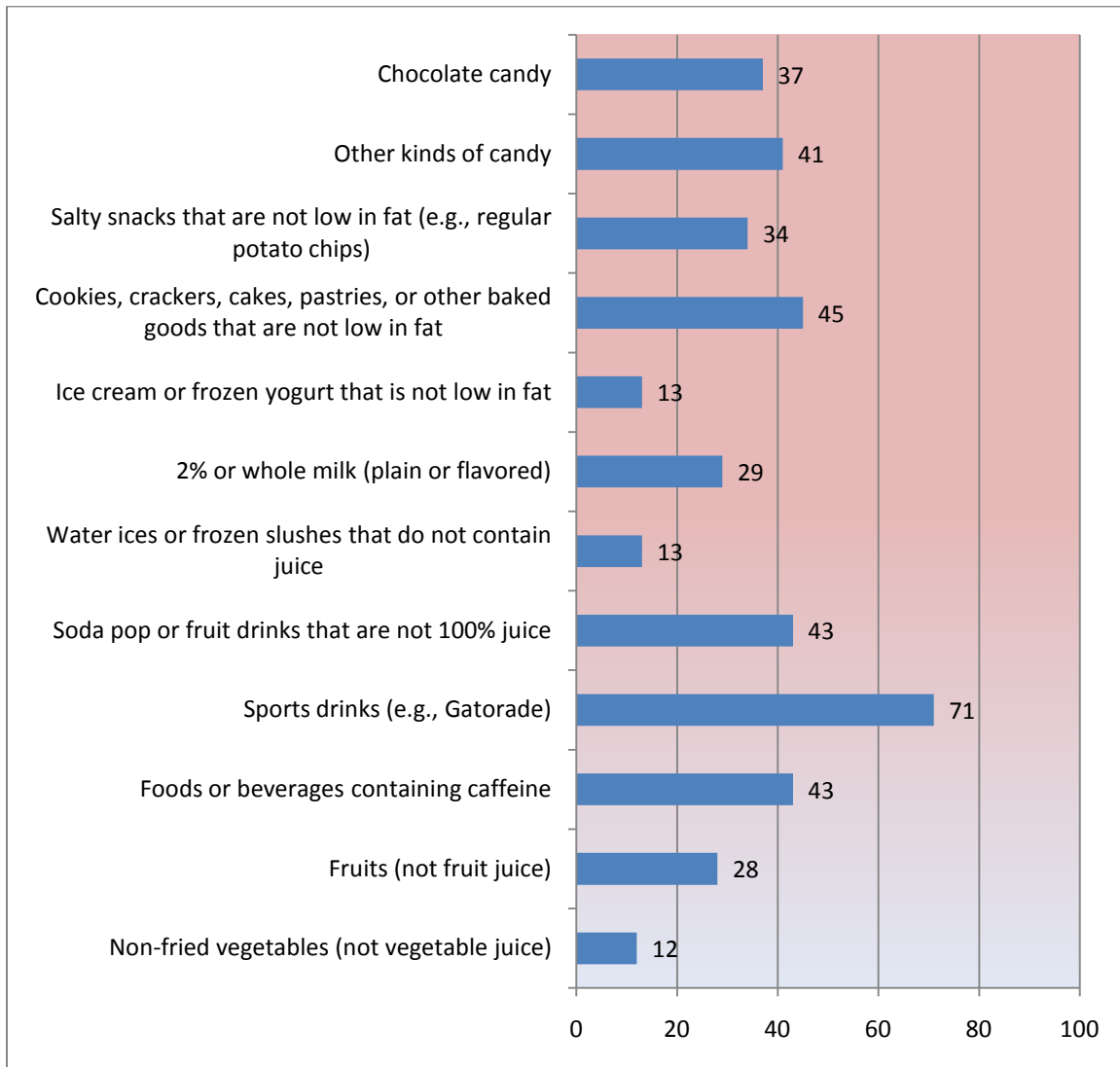
Nutrition 1

Seventy-nine percent of schools allow students to purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar.



Principal Survey Results

The percentage of schools in which students can purchase the following snack foods or beverages from vending machines or at the school store, canteen, or snack bar:

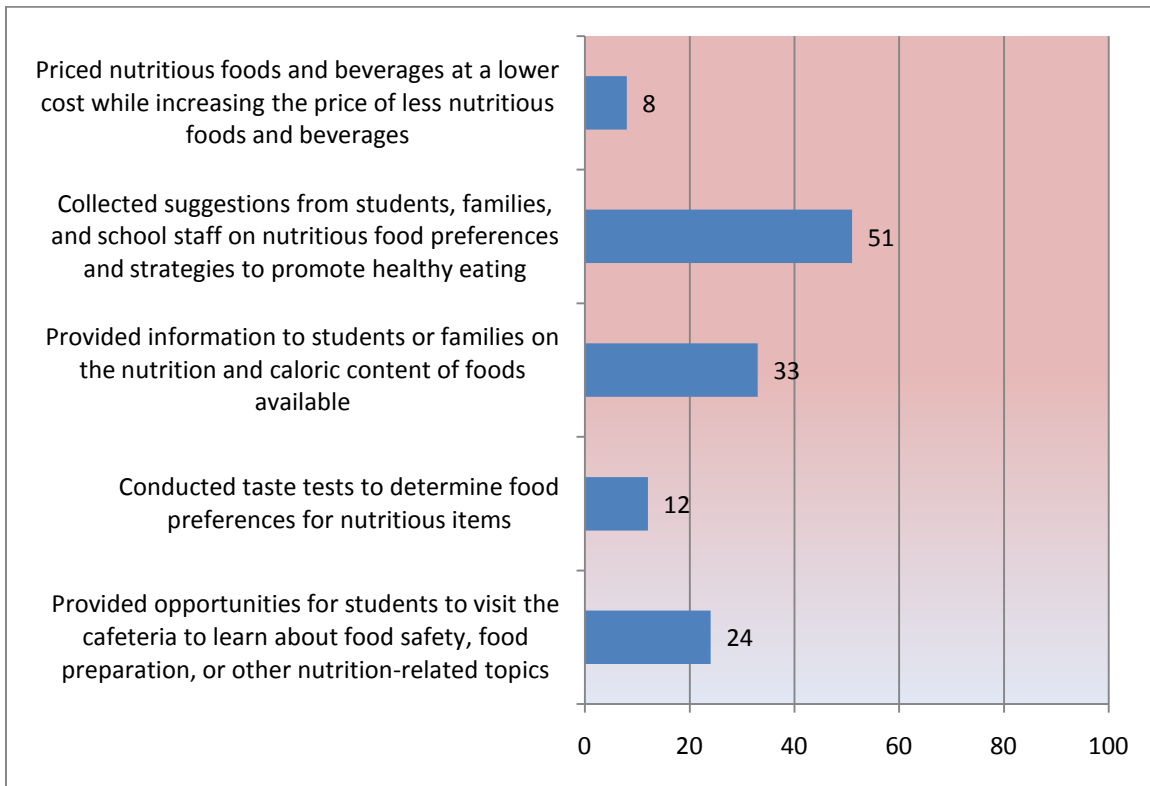


Nutrition 2

Forty-one percent of schools limit the package or serving size of any individual food and beverage items sold in vending machines or at the school store.



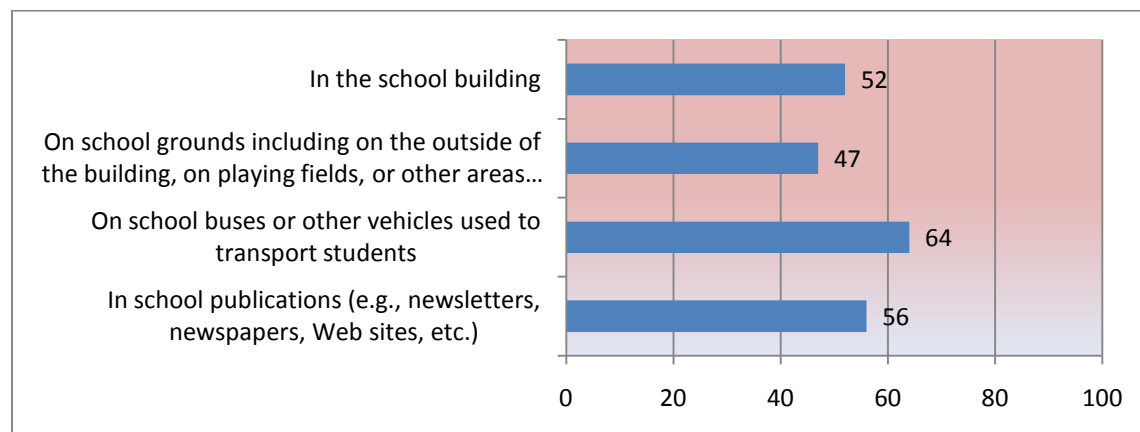
The percentage of schools that have done any of the following activities during this school year:



Nutrition 3

Less than one percent of schools promote candy, meals from fast food restaurants, or soft drinks through the distribution of products, such as t-shirts, hats, and book covers to students.

The percentage of schools that prohibit advertisements for candy, fast food restaurants, or soft drinks in the following locations:



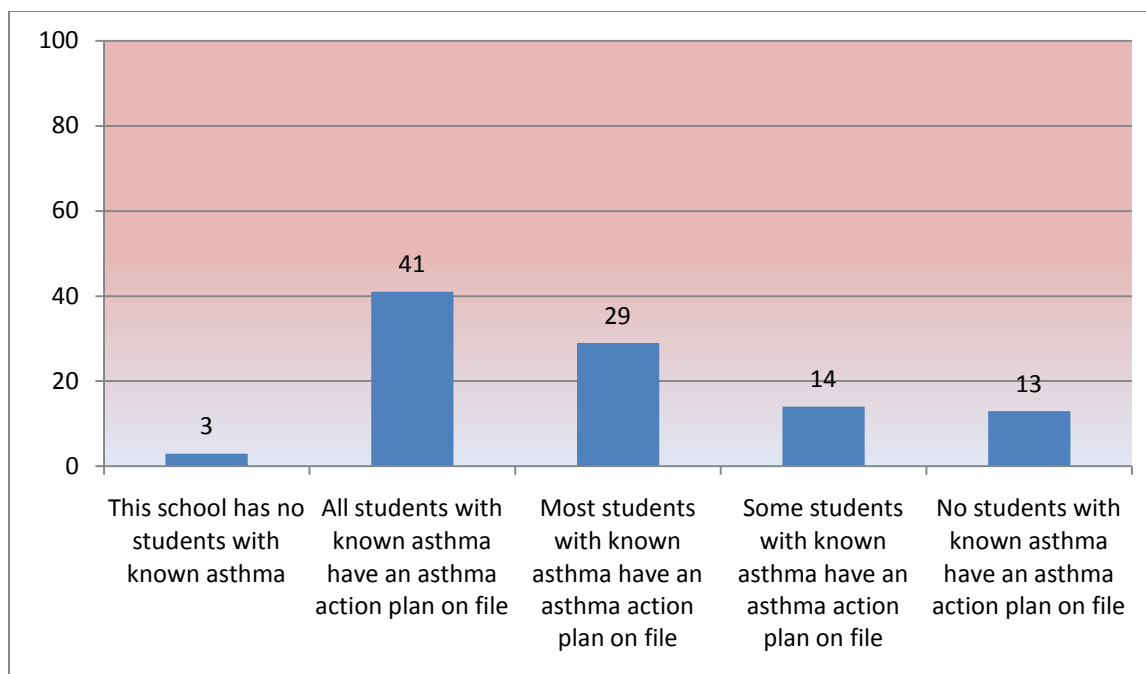
Nutrition 4

Principal Survey Results

Health Services and Asthma

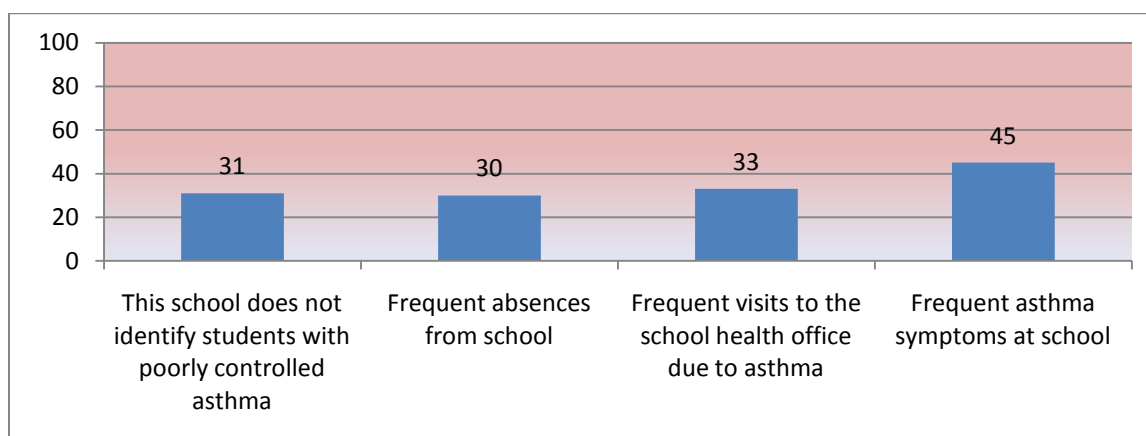
Twelve percent of schools have a full-time registered nurse who provides health services to students.

The percentage of schools that have an asthma action plan on file for all, most, some, or no students with known asthma.



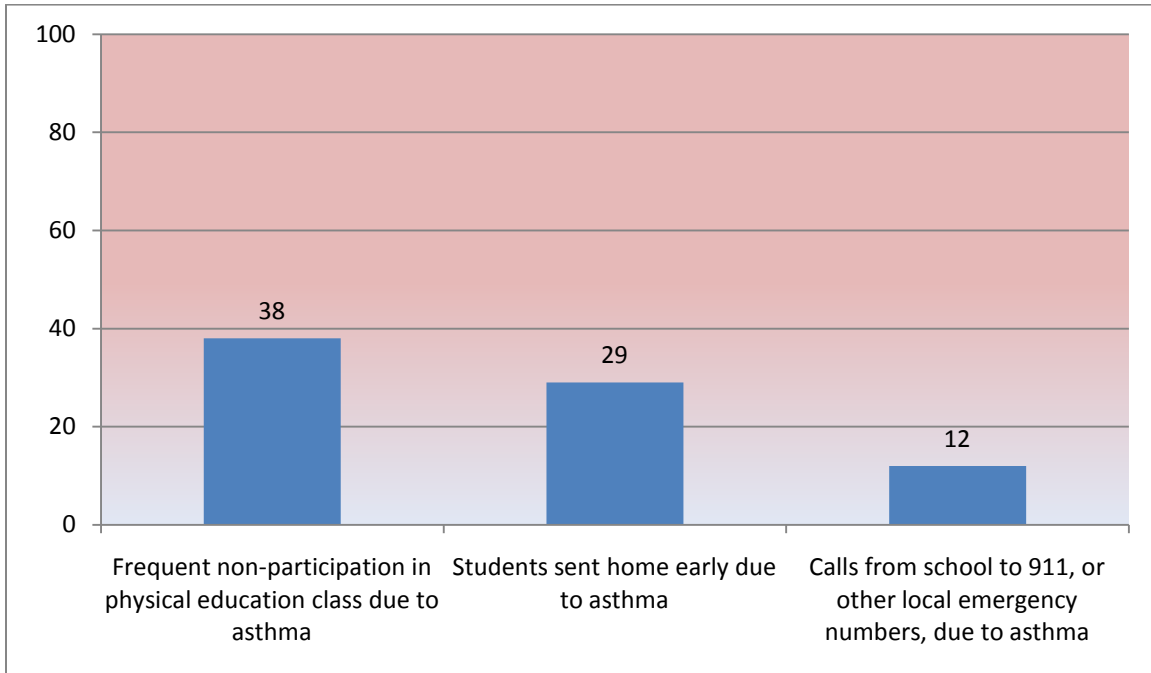
Asthma 1

The percentage of schools that use the following events to identify students with poorly controlled asthma:



Asthma 2

The percentage of schools that use the following events to identify students with poorly controlled asthma:

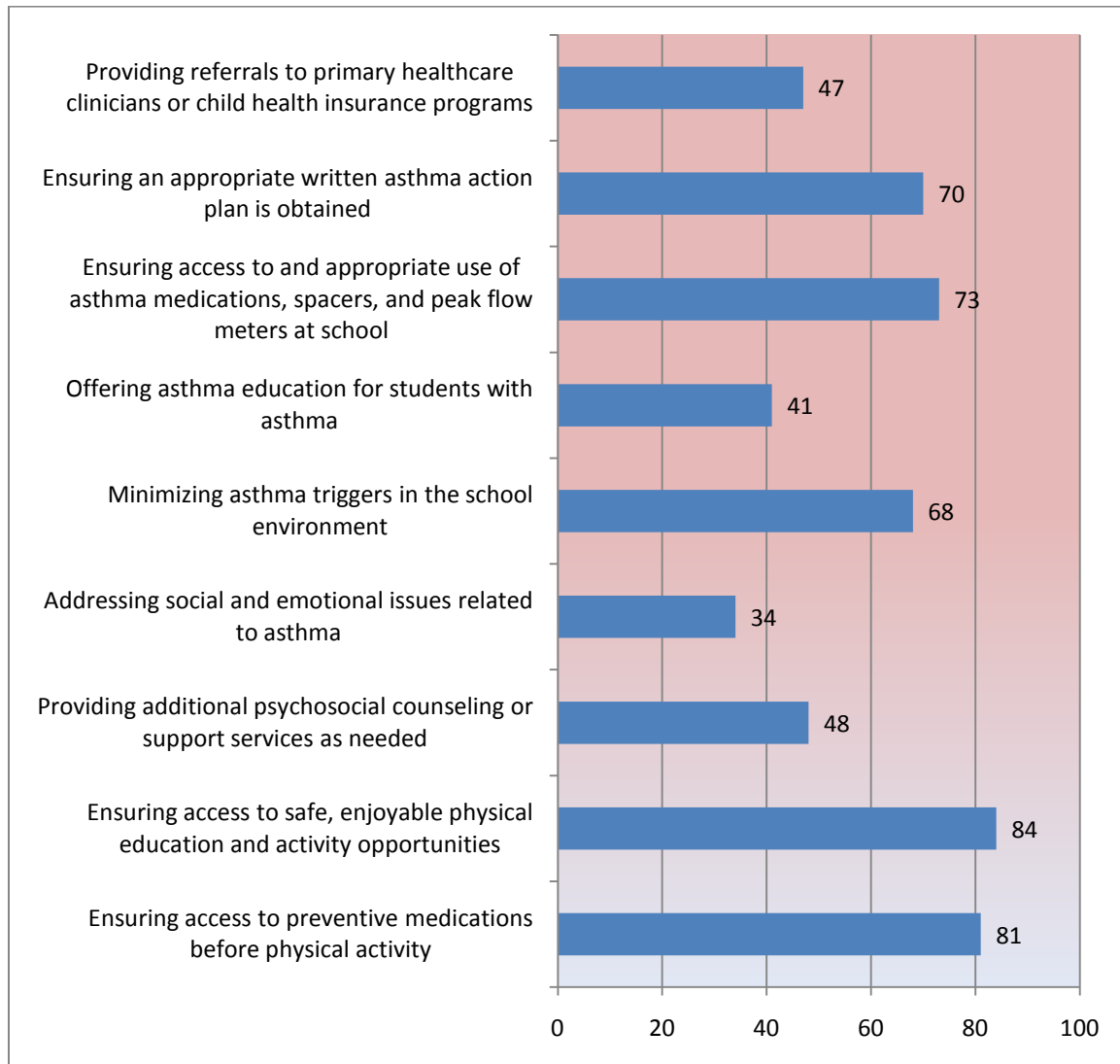


Asthma 3



Principal Survey Results

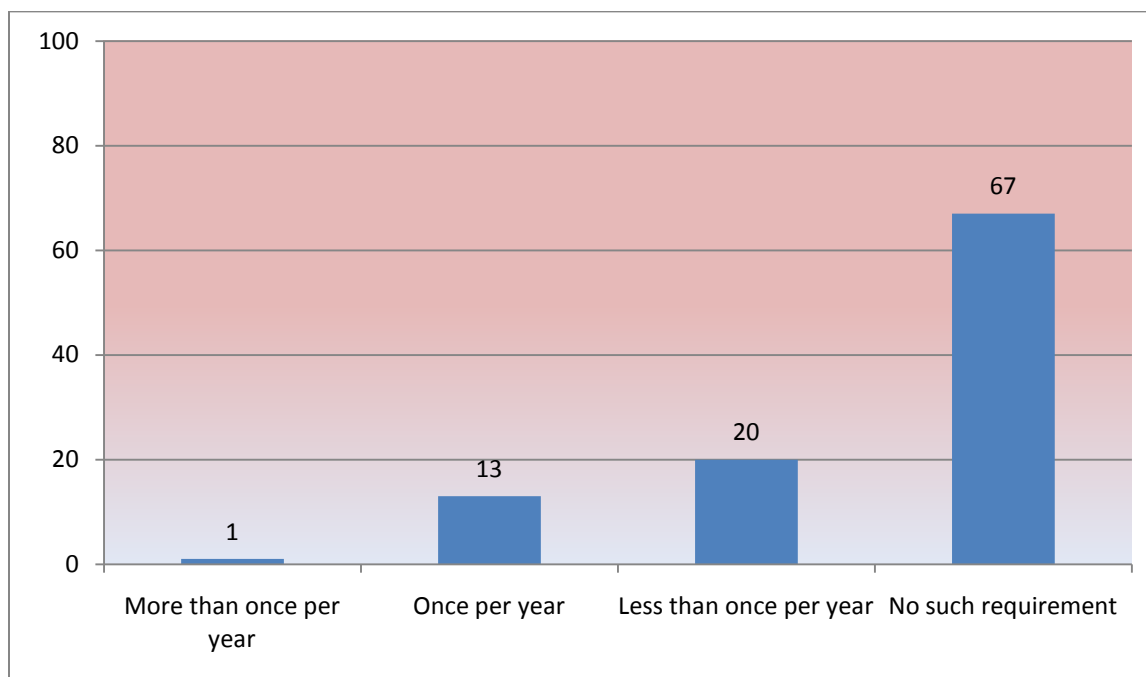
The percentage of schools that provide each of the following services for students with poorly controlled asthma:



Asthma 4



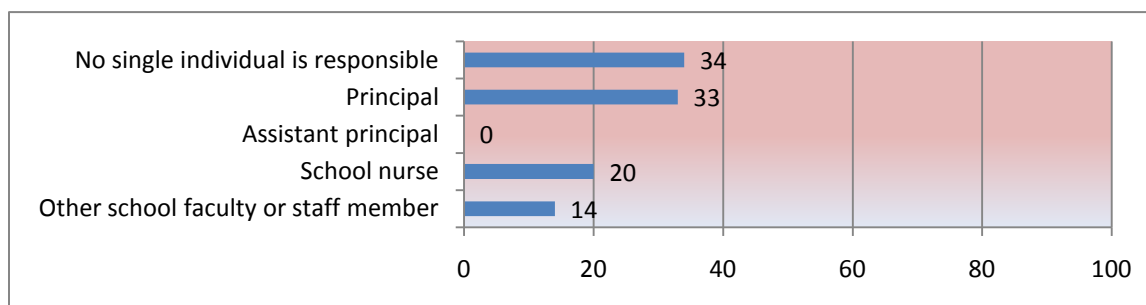
The percentage of schools in which school staff members are required to receive training on recognizing and responding to severe asthma symptoms more than once per year, once per year, or less than once per year.



Asthma 5

- Seventy-nine percent of schools have adopted a policy stating that students are permitted to carry and self-administer asthma medications.
- Ninety-three percent of schools have procedures to inform students about the policy permitting students to carry and self-administer asthma medications.*
- Ninety percent of schools have procedures to inform parents and families about the policy permitting students to carry and self-administer asthma medications.*

The percentage of schools that have the following person responsible for implementing the policy permitting students to carry and self-administer asthma medication.*

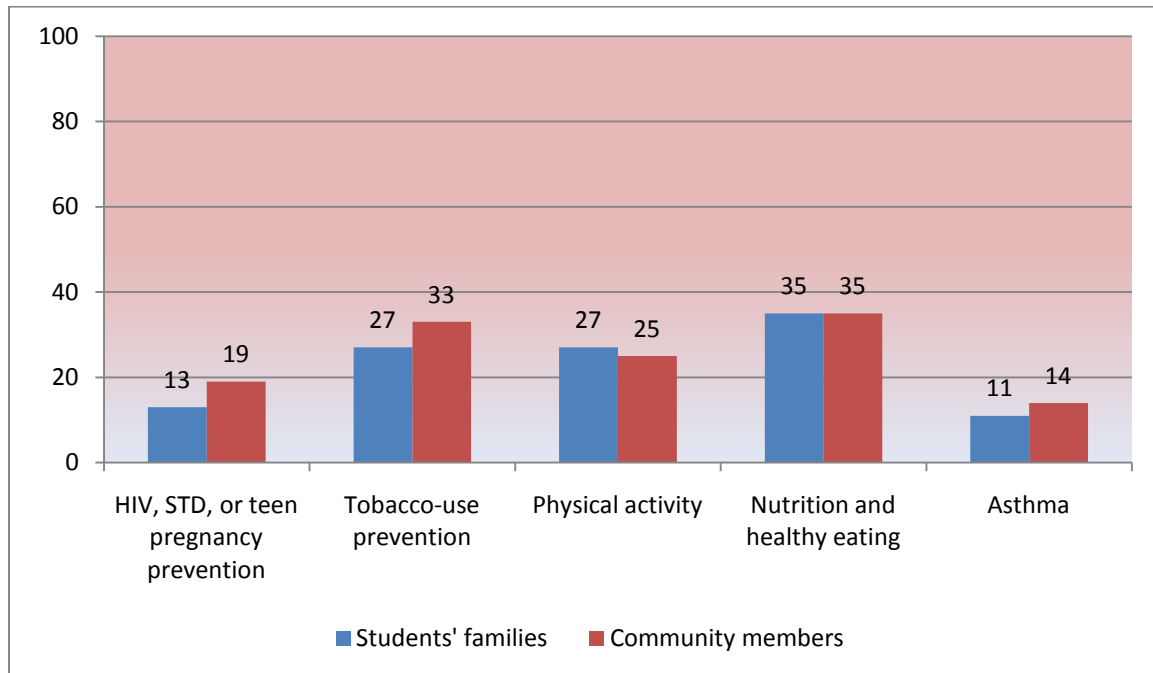


Asthma 6

*Among schools that have adopted a policy stating that students are permitted to carry and self-administer asthma medications.

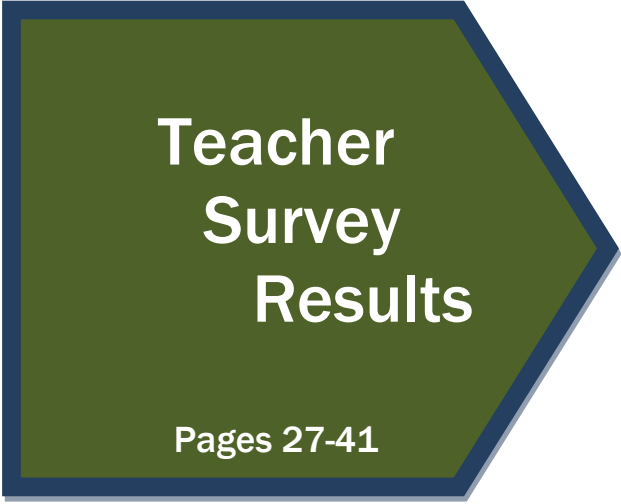
Principal Survey Results

The percentage of schools in which students' families or community members helped develop or implement policies and programs related to the following topics during the past two years:



Health Policy 4



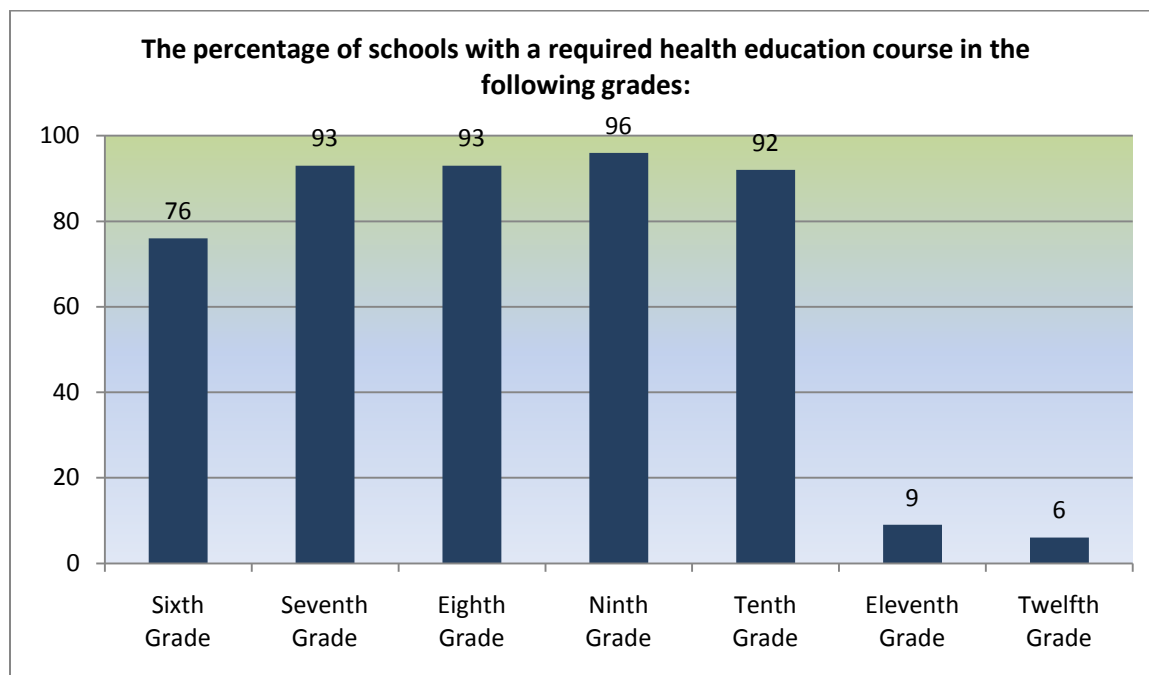


Teacher Survey Results

Pages 27-41

Teacher Survey Results

- Ninety-four percent of high schools require students to take two or more health education courses.
- Ninety-one percent of middle schools require students to take two or more health education courses.



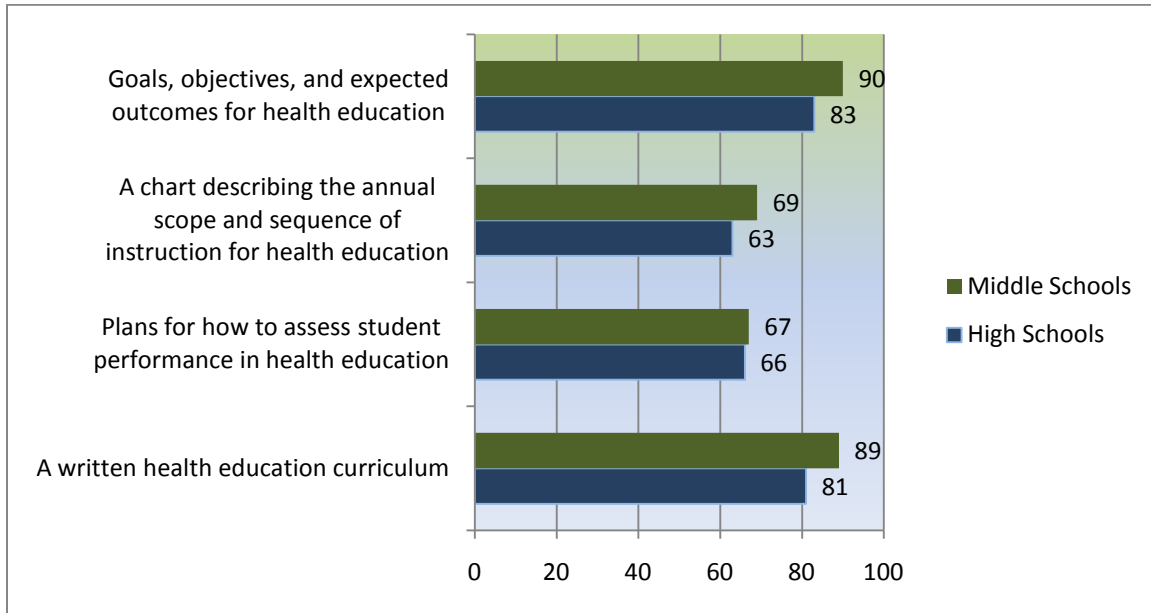
Health Education 1

Upon failing a required health education course, **94** percent of high schools and **46** percent of middle schools required students to repeat the course.



Teacher Survey Results

The percentage of schools in which the health education teacher is provided with the following materials:

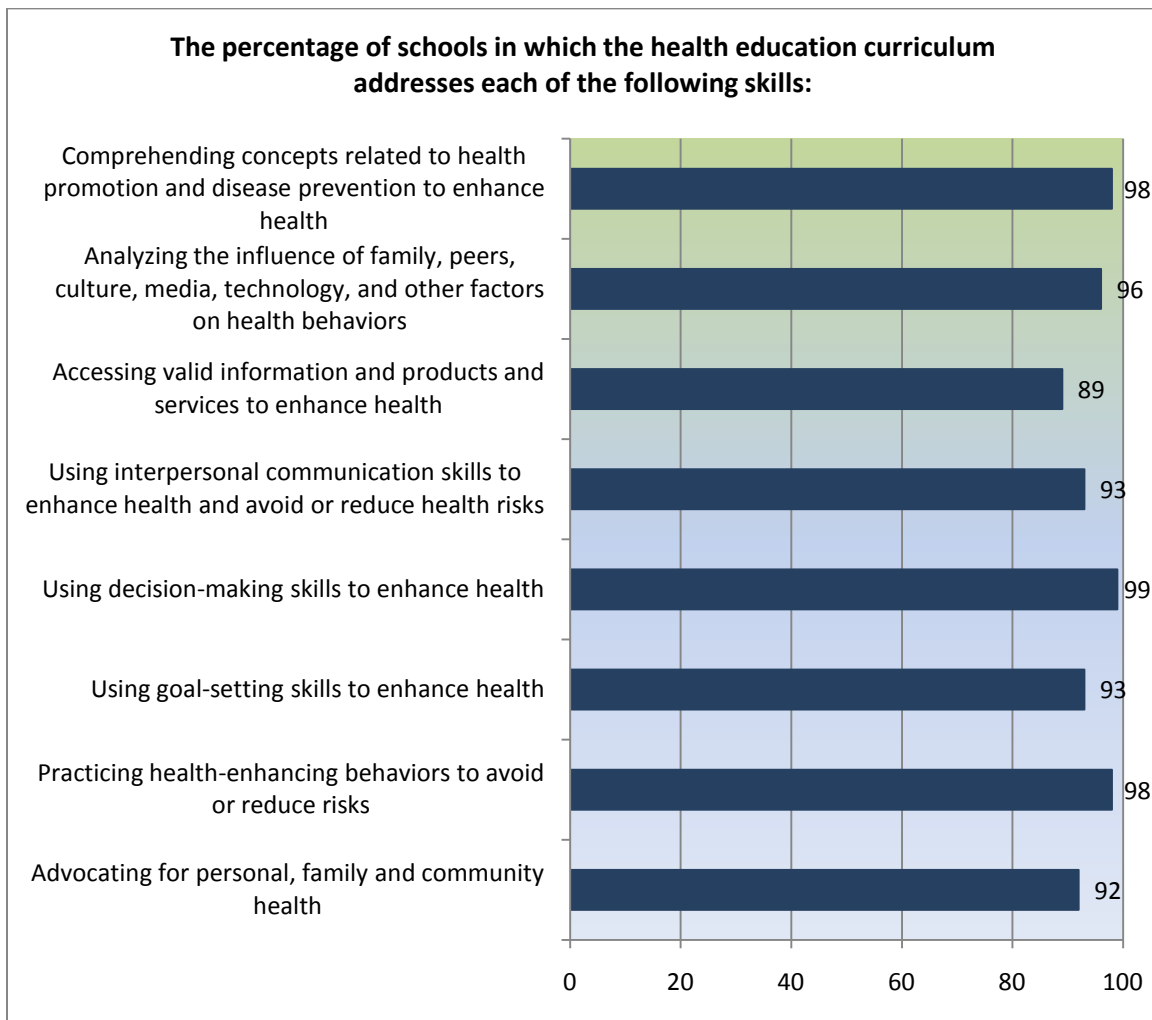


Health Education 2

Ninety-nine percent of high schools and 97 percent of middle schools require health education instruction for students in grades 6 through 12.



Teacher Survey Results

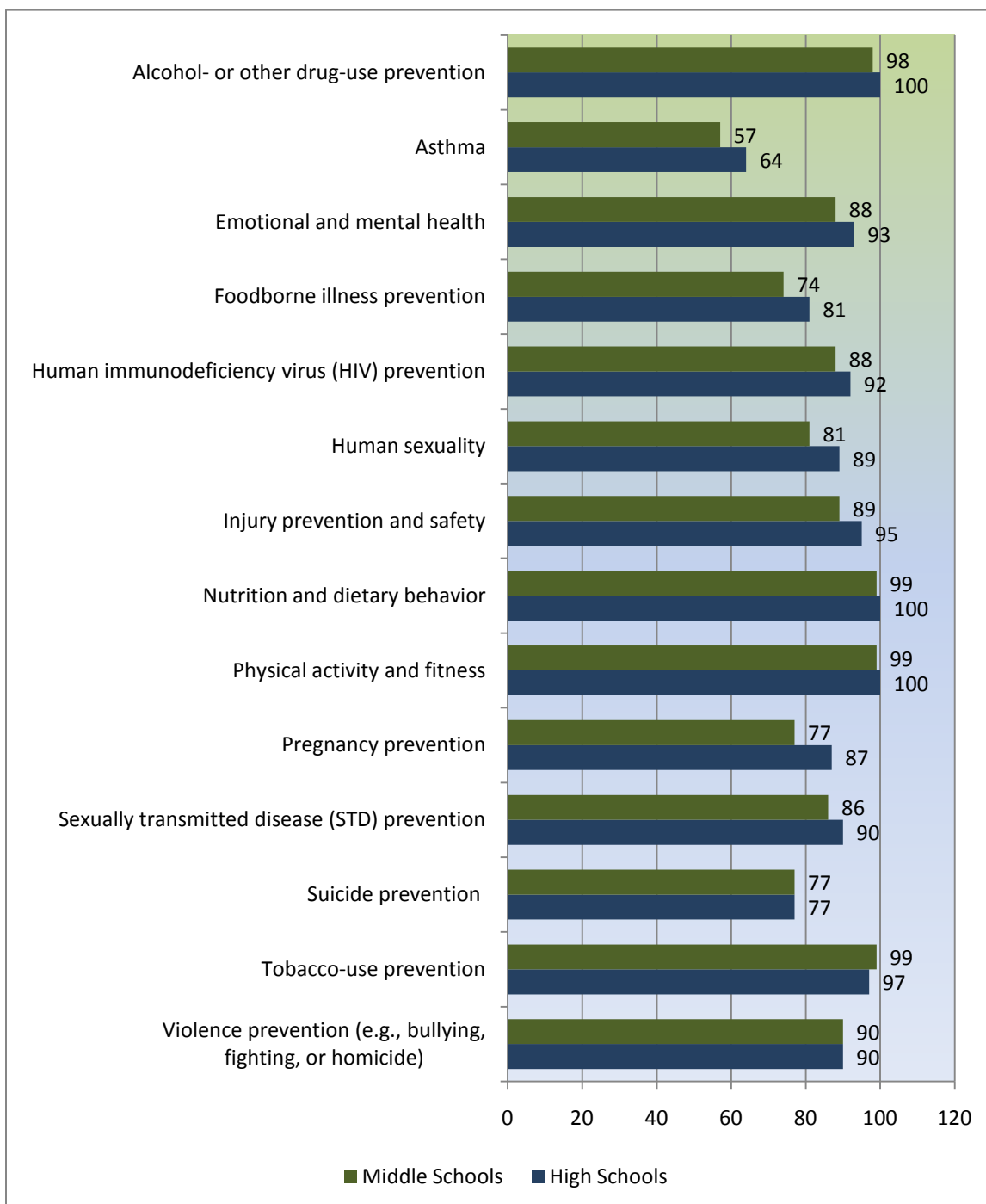


Health Education 3



Teacher Survey Results

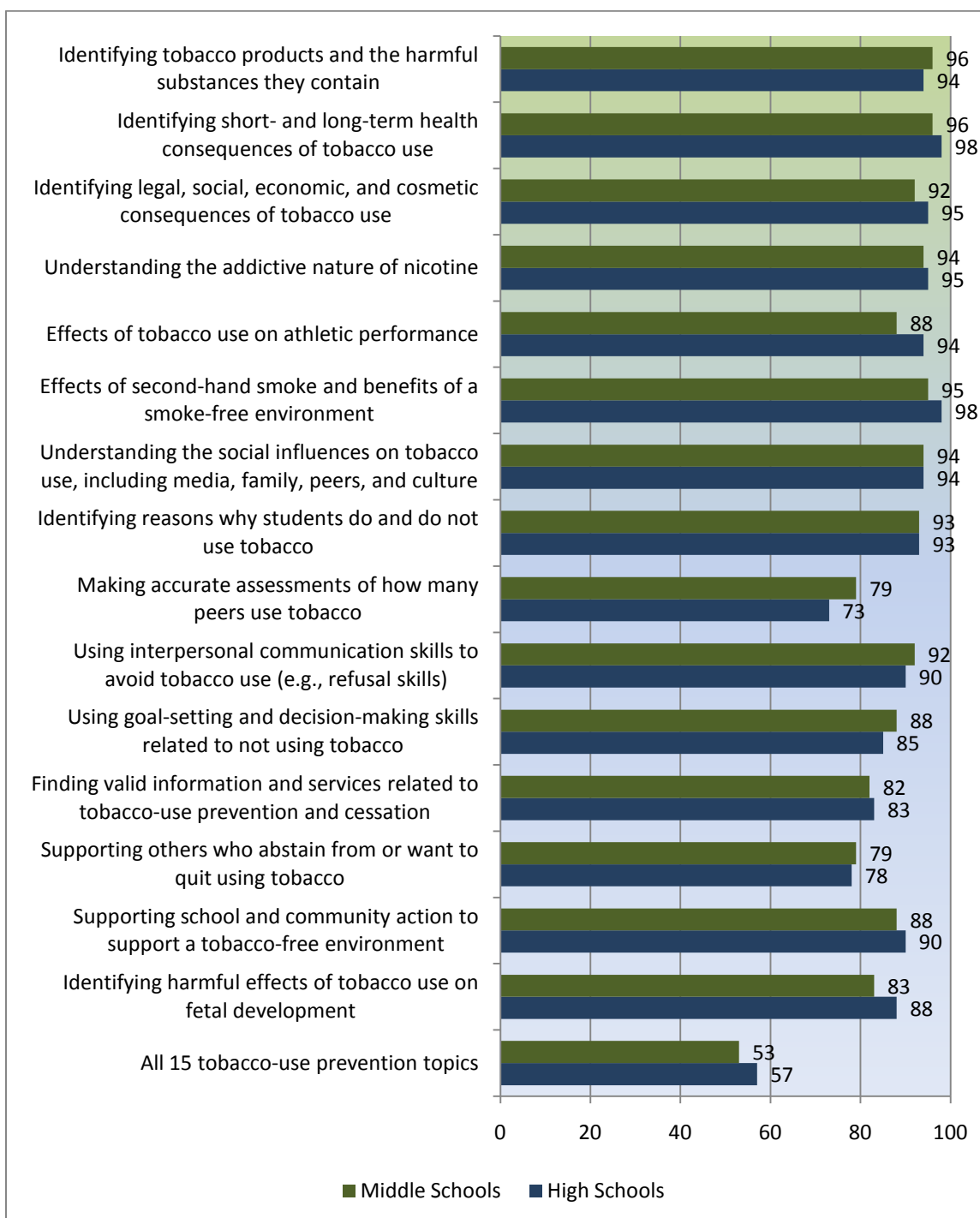
The percentage of schools in which teachers tried to increase student knowledge on each of the following topics in a required course in grades 6 through 12:



Health Education 4

Teacher Survey Results

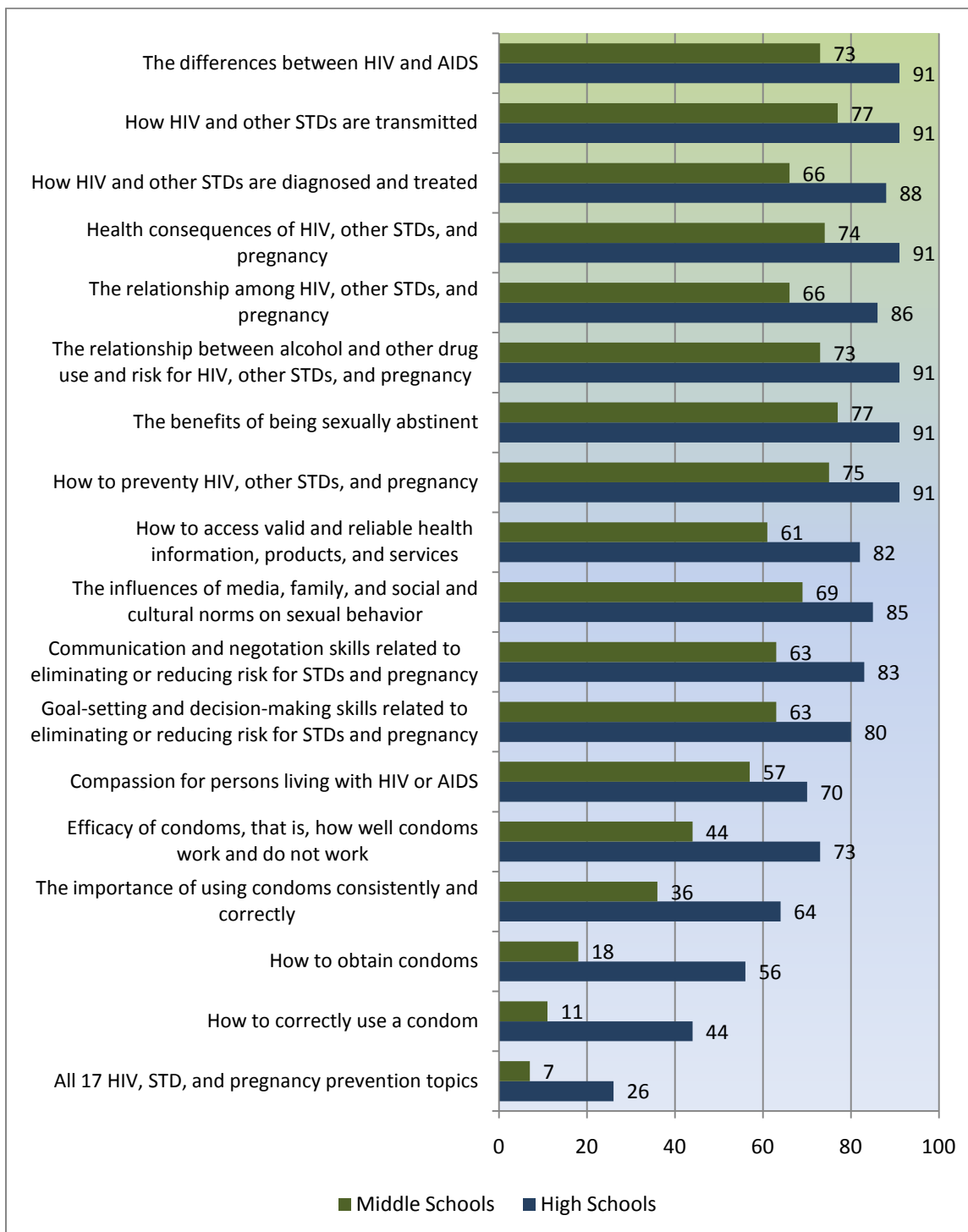
The percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course in grades 6 through 12:



Tobacco-use Prevention 9

Teacher Survey Results

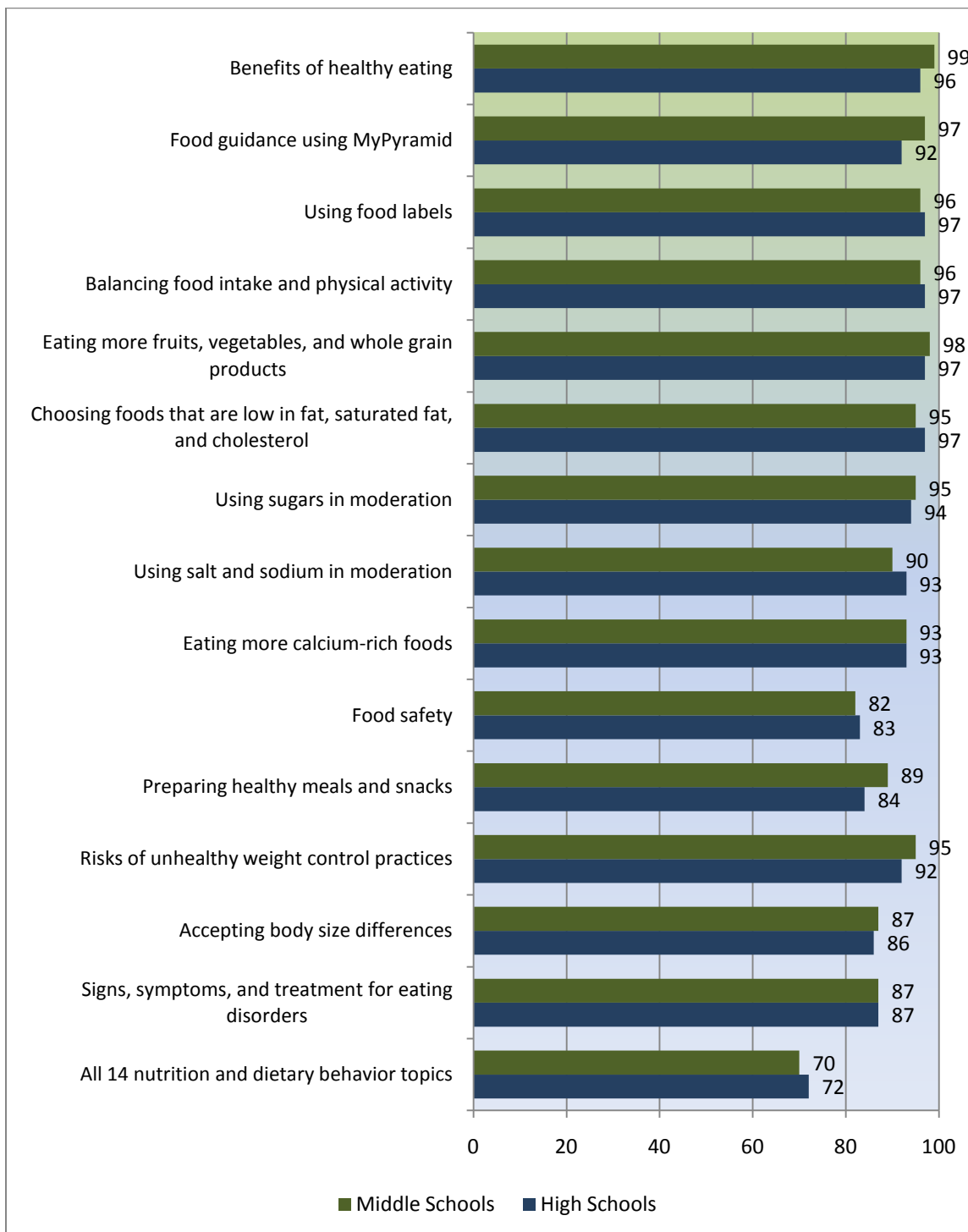
The percentage of schools in which teachers taught the following HIV, STD or pregnancy prevention topics in a required course in grades 6 through 12:



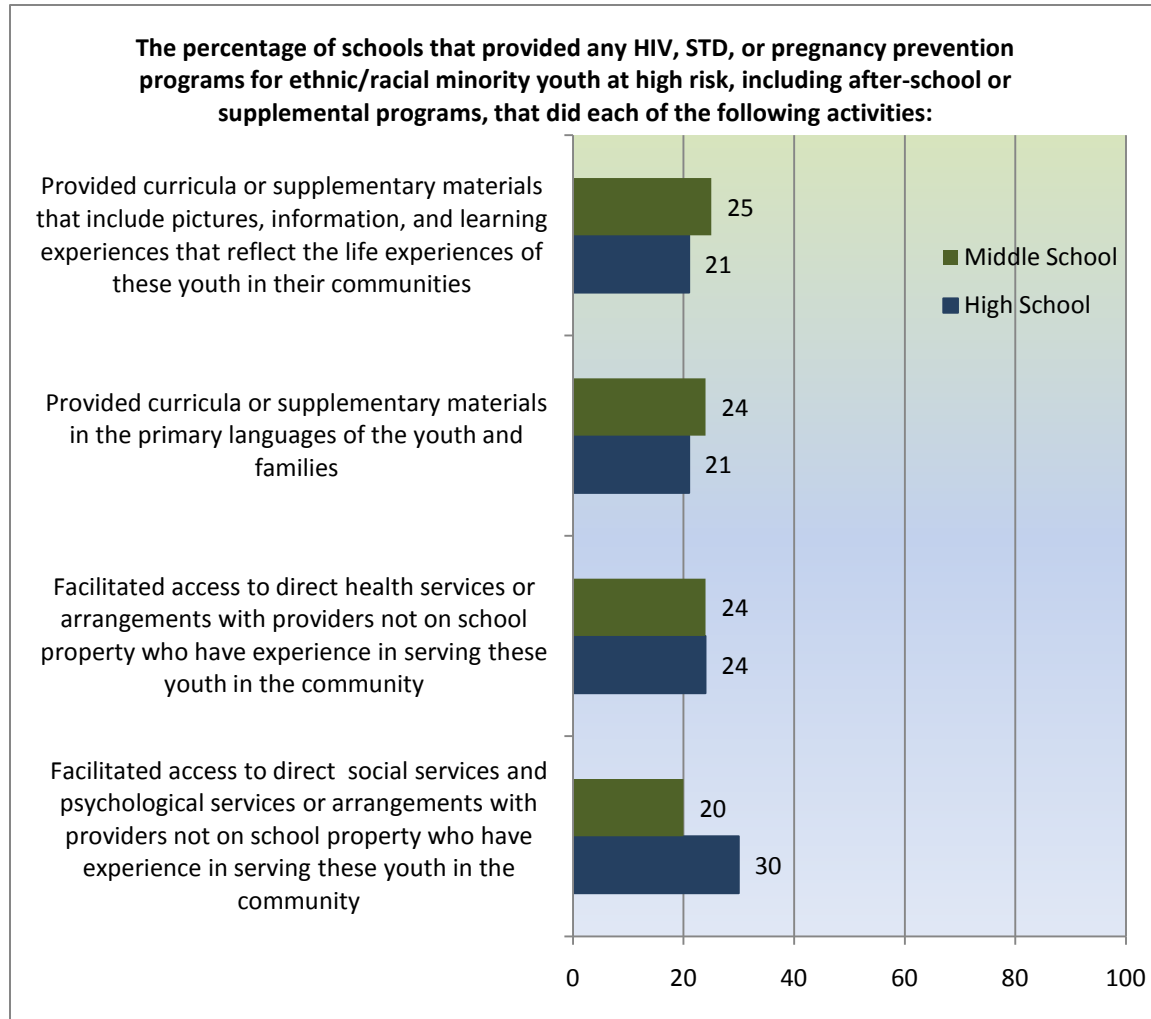
Sexual Health 1

Teacher Survey Results

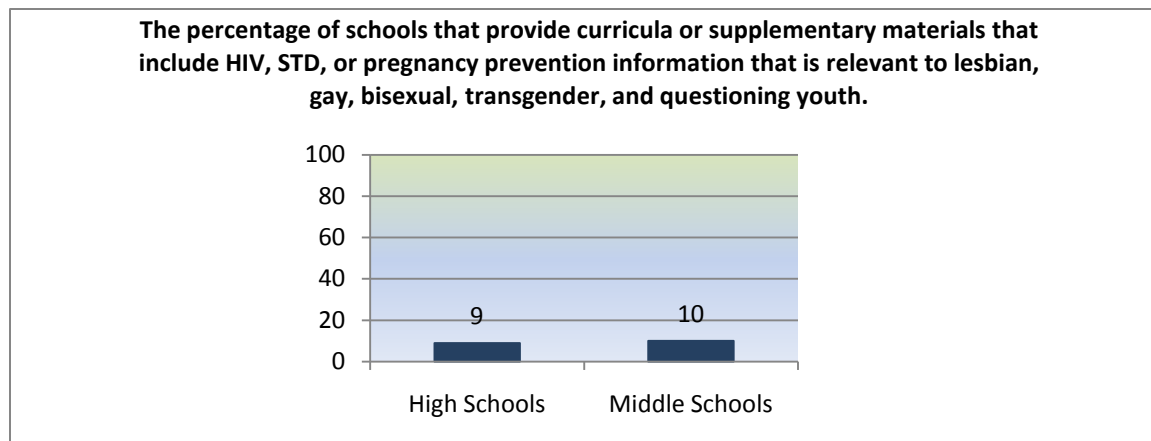
The percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course in grades 6 through 12:



Nutrition 5

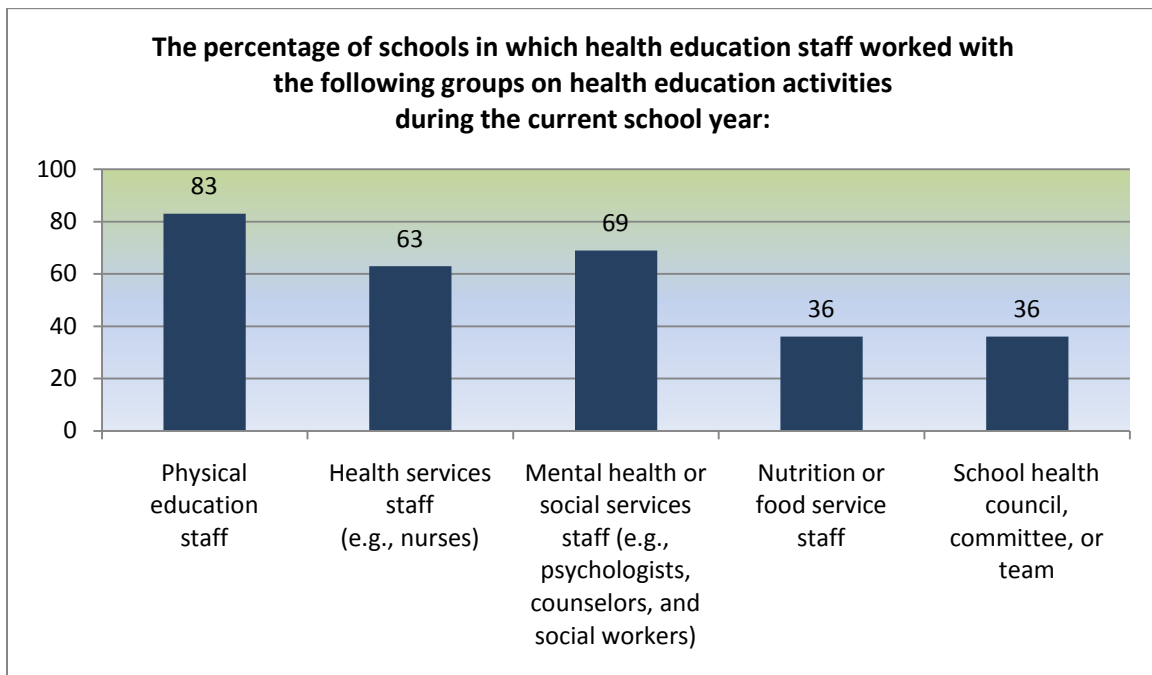


Sexual Health 3

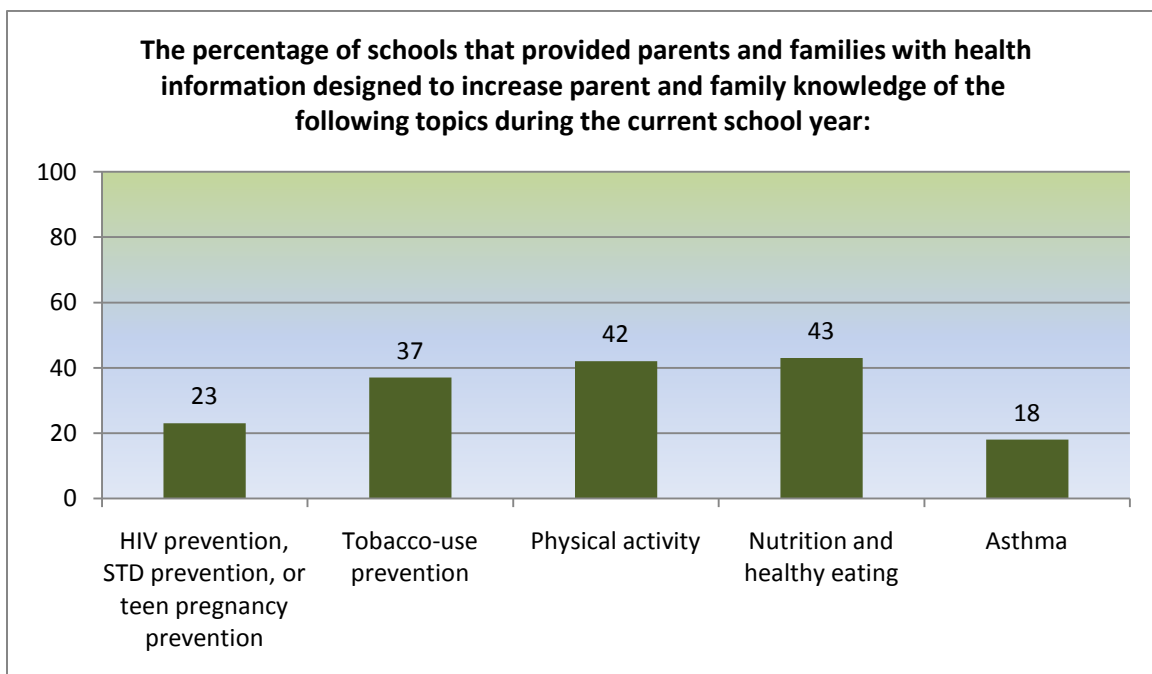


Sexual Health 2

Teacher Survey Results



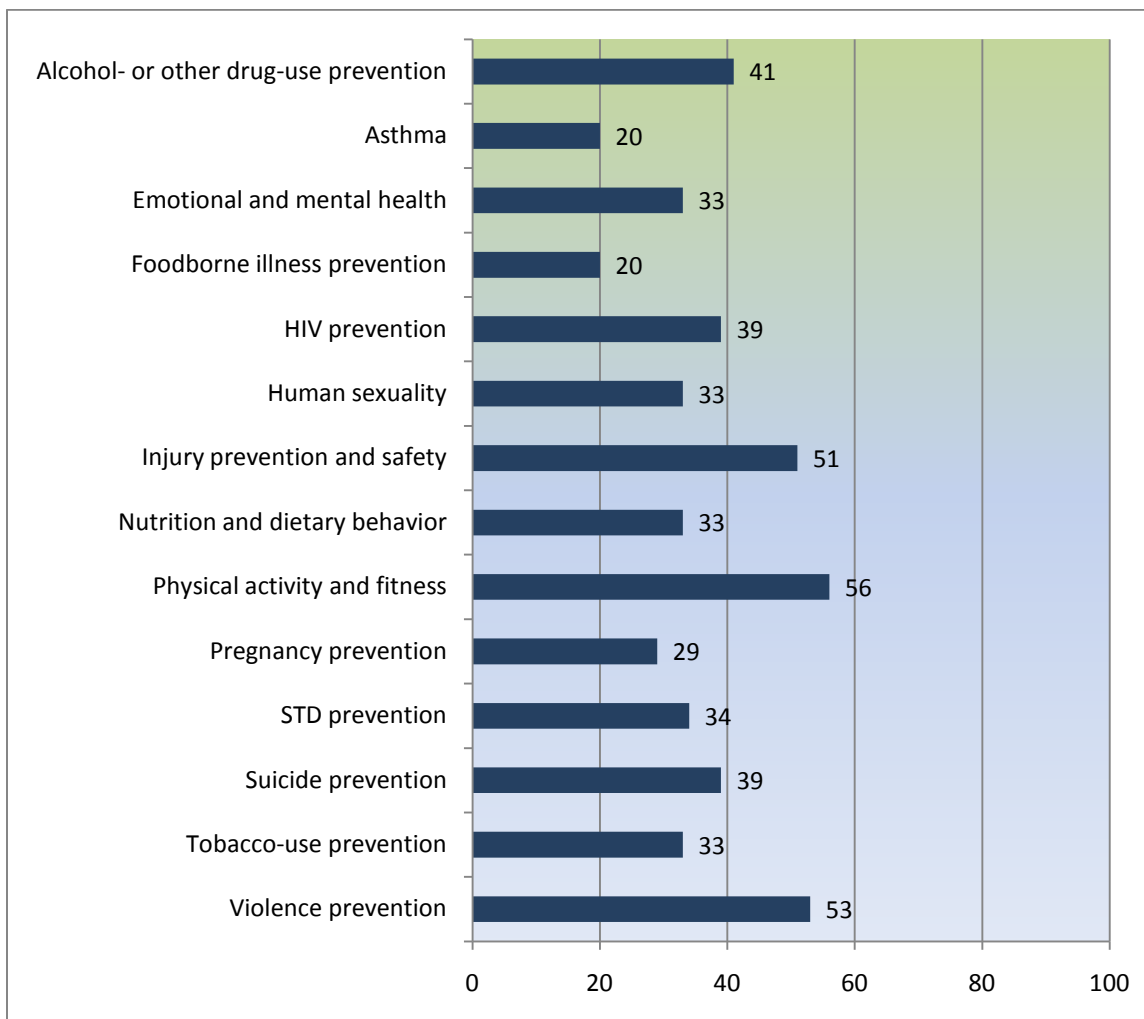
School Health Coordination 6



School Health Coordination 7

Teacher Survey Results

The percentage of schools in which the lead health education teacher received professional development on each of the following topics during the past two years:

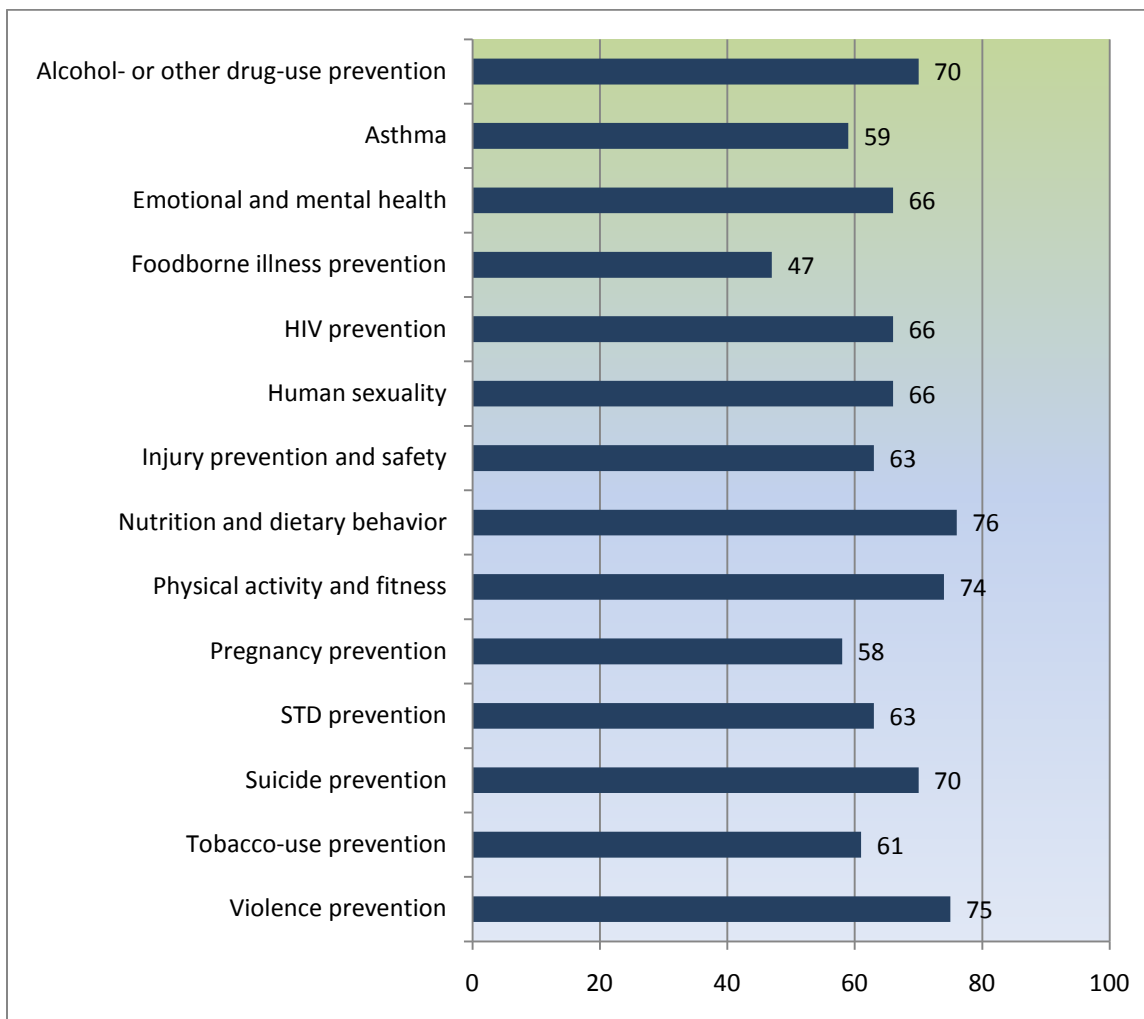


Professional Development 1



Teacher Survey Results

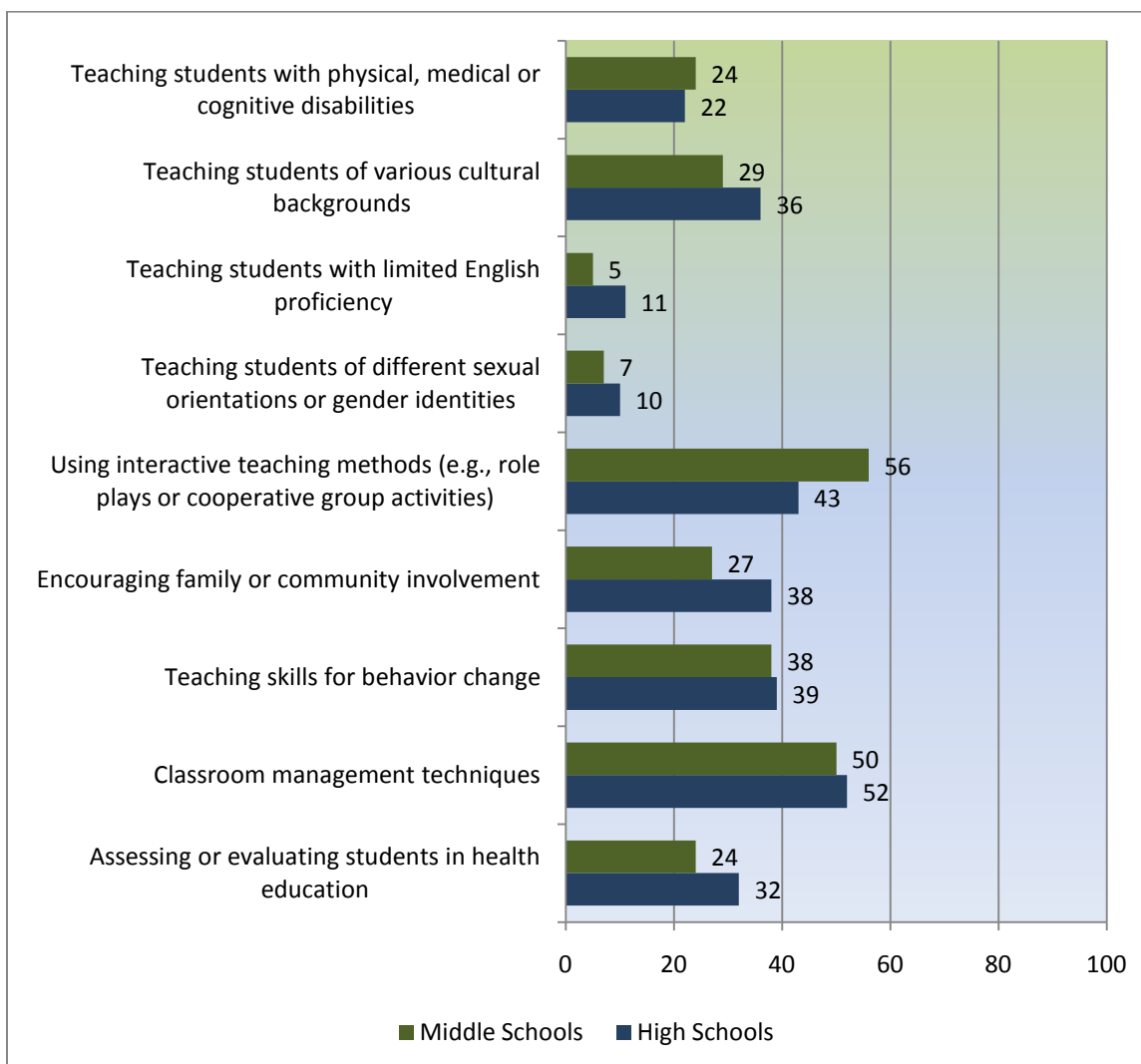
The percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics:



Professional Development 2



The percentage of schools in which the lead health education teacher received professional development on each of the following topics during the past two years:

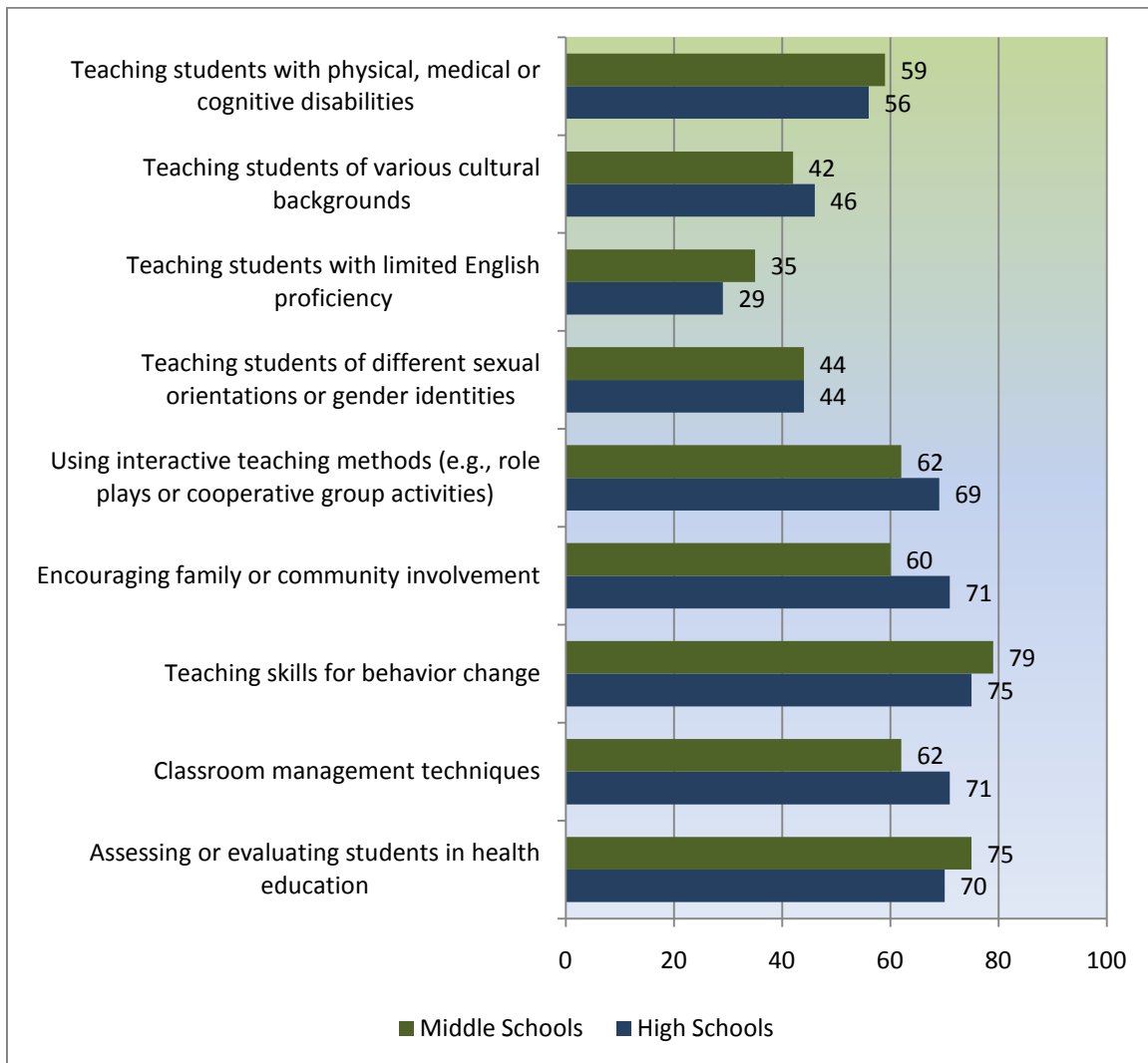


Professional Development 3



Teacher Survey Results

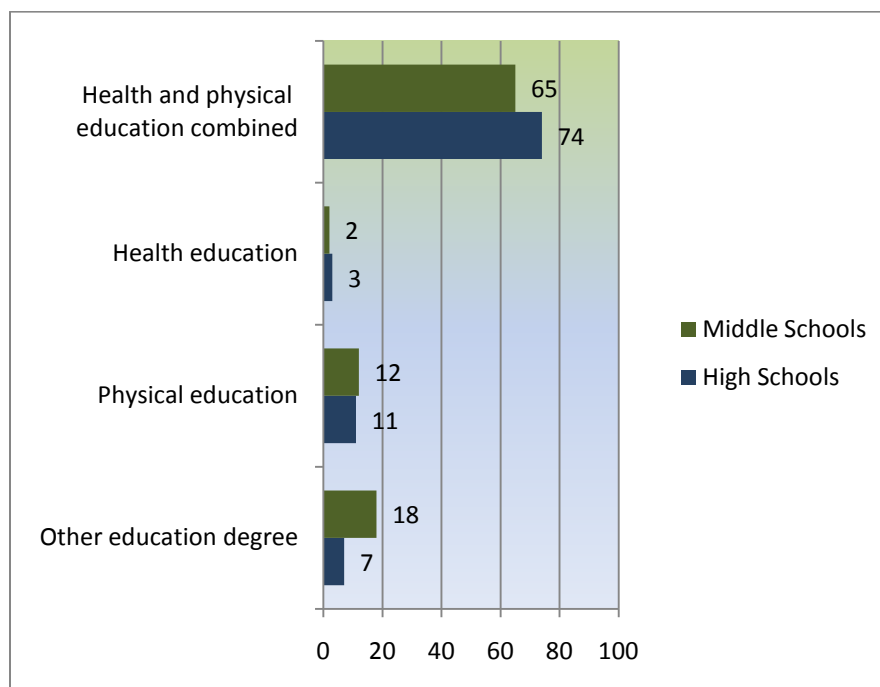
The percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics:



Professional Development 4

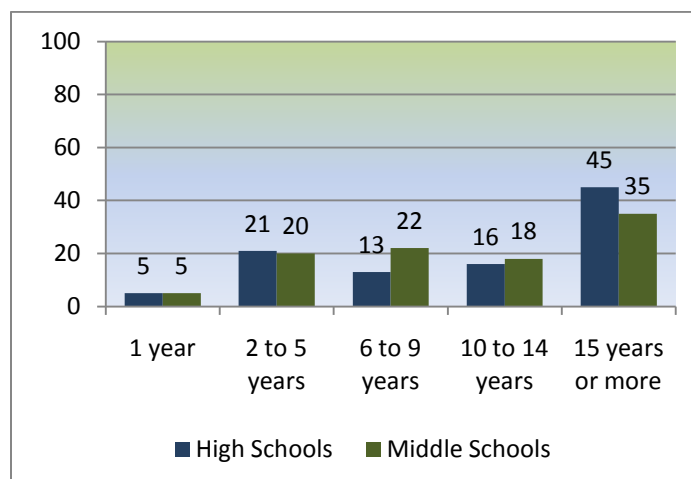


The percentage of schools in which the major emphasis of the health education teacher's professional preparation was one of the following:



The lead health education teacher is certified, licensed or endorsed by the state to teach health education in 94 percent of Montana schools (95% - high schools, 93% - middle schools).

The percentage of schools in which the lead health education teacher had the following number of years' experience in teaching health education courses or topics:





2010 Montana School Health Profiles

www.opi.mt.gov/shp



Montana
Office of Public Instruction
Denise Juneau, State Superintendent

opi.mt.gov

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